



YORK REGION LIONS CONCUSSION CODE OF CONDUCT 2020-21

The York Region Lions are dedicated to the health and wellbeing of all athletes. As outlined in *Rowan's Law* all coaches are required to confirm they have reviewed and will uphold the standards outlined in the York Lions Concussion Code of Conduct.

I can help prevent concussions through my:

- Commitment to fair play and respect for all (respecting other coaches, team trainers, officials and all participants and ensuring my athletes respect others and play fair). *

I will care for the health and safety of all participants by taking concussions seriously. I understand that:

- An athlete with a suspected concussion should stop participating in training, practice or competition **immediately**.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion. *
- Continuing to participate in further training, practice or competition with a suspected concussion increases a person's risk of more severe, longer lasting symptoms, and increases their risk of other injuries or even death.

I will create an environment where participants feel safe and comfortable speaking up. I will:

- Encourage athletes not to hide their symptoms, but to tell me, an athletic therapist, medical staff, or administrator if they experience any symptoms of concussion after an impact.
- Understand and respect that any student-athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to return to training, practice or competition.
- Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss potential issues related to concussions.*

I will support all participants to take the time they need to recover.

- I understand my commitment to supporting the return-to-sport process.*
- I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport.
- I will respect my fellow coaches, team trainers, physicians and nurse practitioners and any decisions made with regards to the health and safety of my student-athletes.

I will educate myself on topic of concussions, including prevention, recognition, and return protocols.

- I will read and review the Government of Ontario Concussion Awareness Resources that have been provided to me.

Initial Here:

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I have read and reviewed the Concussion Awareness Resources.

York Region Lions Concussion Code of Conduct

- I will help prevent concussions by my commitment to:
 - Wearing the proper equipment for my sport and wearing it correctly;
 - Respecting the rules of my sport and or activity; and
 - My commitment to fair play and respect for all *(respecting other athletes, coaches, student/staff therapists and officials)
- **I will care for my and others health and safety by taking concussions seriously, and I understand that:**
 - A concussion is a brain injury that can have both short-and long-term effects;
 - A blow to the head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion; and
 - A person doesn't need to lose consciousness to have had a concussion
- **I will commit to:**
 - Report any possible concussion received during participation in York Region Lions activities to a designated person;
 - Recognizing a concussion or possible concussion and the reporting to a designated person when an individual suspects that another individual may have sustained a concussion;
 - Sharing any pertinent information regarding incidents of a removal from sport with the York Region Lions;
 - Sharing any pertinent information regarding incidents of a concussion that may have occurred outside of participation with York Region to a designated person with your team;
 - Complete injury report forms in a timely manner and ensure they are submitted to the team manager;
 - Give commitment to providing opportunities before and after each training, practice and competition to enable participants to discuss potential issues related to concussions; and
 - Maintain an open dialogue with all athletes about their health and any signs and symptoms of concussion they may experience

ACKNOWLEDGEMENT

By signing this form, I _____ (print name) acknowledge as a coach with York Region Lions Football that I have fully reviewed and will adhere to York Region Lions Concussion Code of Conduct.

Signature

Print Name

Date