



## Ontario Federation of Athletic Associations Concussion Code of Conduct for Coaches & Team Trainers

### I can help prevent concussions through my:

- Efforts to ensure that my student-athletes wear the proper equipment and wear it correctly.
- Efforts to help my student-athletes develop their skills and strength so they can participate to the best of their abilities.
- Respect for the rules of my sport or activity and efforts to ensure that my student-athletes do, too.
- Commitment to fair play and respect for all (respecting other coaches, student-athletes, team trainers, medical staff, officials, spectators and all participants, and ensuring my student-athletes respect others and play fair).

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

- A concussion is a form of traumatic brain injury that can have both short and long-term effects.
- A concussion can be caused by a direct blow to the head, face, or neck, or may be caused by a blow elsewhere on the body that transmits a force to the head, causing the brain to shake within the skull and result in a concussion.
- A person does not need to lose consciousness to have had a concussion. Signs and symptoms of concussion may range from mild to severe, and may be experienced immediately or appear several hours/days after the initial impact.
- A student-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 student-athletes not to hide their symptoms, but to tell me, an official, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.
- Lead by example. I will tell a fellow coach, official, team trainer and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- 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 student-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 student-athlete will have to be cleared by a physician or nurse practitioner before returning to sport. A written note from the physician/nurse practitioner denoting clearance to return-to-play must be provided by the student-athlete.
- I will respect my fellow coaches, team trainers, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my athletes.