



Concussion Code of Conduct for Athletes and Parents/Guardians of Athletes Under 18 Years of Age

I will help prevent concussions by:

- Respecting the rules of diving.
- Wearing the proper equipment for diving and dryland training, and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- My commitment to fair play and respect for all (respecting other athletes, coaches, and officials).

I will care for my 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 my head, face, neck, or body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting. If I think I might have a concussion I should tell a coach, official, parent or another adult I trust and stop participating in training, practice or competition **immediately**.
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, parent or another adult I trust if I experience **any** symptoms of a concussion.



- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from diving and that I will not be able to return to training, practice, or competition until I undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to exercise.
- If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover.

I will take the time I need to recover, because it is important for my health.

- I will follow Dive Ontario's Return-to-Sport protocol.
- I understand I will have to be cleared by a physician or nurse practitioner, before returning to training, practice, or competition.
- I will respect my coaches, parents, officials, medical professionals, and any decisions made with regards to my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct and have reviewed the Ontario Concussion Awareness Resource relevant to my participation or the participation of my child (<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>).

Athlete Name: _____ **Signature:** _____

Parent/Guardian Signature: _____
(if athlete is under 18 years of age)

Date: _____