



Concussion Code of Conduct for Coaches, Officials, Administrators, Staff, and Board Members

I can help prevent concussions through my:

- Respect for the rules of diving and efforts to ensure that my athletes do too.
- Efforts to ensure that my athletes wear the proper equipment for diving and dryland training and wear it correctly.
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
- Commitment to fair play and respect for all (respecting other coaches, officials, 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:

- 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 may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- 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 the Club Designated Person such as a Head Coach when I suspect that an 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, another coach, 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, or another adult I trust and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by 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 Dive Ontario's Return-to-Sport protocol.
- I understand the athletes will have to be cleared by a physician or nurse practitioner, before returning to training, practice, or competition.
- I will respect my fellow coaches, officials, parents, medical professionals, and any decisions made with regards to the health and safety of my athletes.

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

Name: _____

Signature: _____

Date: _____