

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all (e.g. respecting other athletes, coaches, team trainers 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 or neck, or a blow to the 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, including,
 - Self-reporting of a possible concussion (e.g. If I think I might have a concussion I should stop participating in further training, practice or competition immediately)
 - Reporting to a designated person when an individual suspects that another individual may have sustained a concussion. (e.g. tell an adult if I think another participant may have a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, including increased risk of other injuries.

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

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the athlete's school and any other sport organization with which the athlete has registered* (e.g. If I am diagnosed with a concussion, I

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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 understand my commitment to supporting the return-to-sport or activity process
 - I will have to follow any applicable organizational Return-to-Sport Protocol or City standard operating procedure.
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

Removal from Sport or Program Protocol

- Any participant suspected of or confirmed to have a concussion, will immediately be removed from a program or activity including further training, practice or competition, regardless of whether or not the concussion was sustained from participating in an activity associated with the City (e.g. sustaining a head injury from playing football at school before attending a City program).
- I understand the following steps will be undertaken by City staff in the case of a suspected concussion:
 1. Follow applicable Standard First Aid training and the Accident, Incident and Customer Concern Reporting Procedures SOP.
 - Ensure that the participant with the concussion or suspected concussion is in a secure and/or safe location where they are able to sit or rest comfortably. Provide assistance as per Standard First Aid training.
 - If the participant exhibits any red flag signs or symptoms associated with a concussion (e.g. slurred speech, severe headache etc.), call 911 immediately as per Standard First Aid training.
 2. Obtain or ascertain the participant's name.
 3. If the participant is not accompanied by anyone or in the case of a minor, not accompanied by someone over the age of eighteen (18), contact an emergency contact to arrange for immediate pick-up.
 - Provide the participant with a link to this Participant Concussion Code of Conduct webpage on the City's website for more information.

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4. Advise the participant or their parent/guardian if under eighteen (18) years of age that the participant must provide confirmation of a completed medical assessment by a physician or nurse practitioner clearing them to return for unrestricted programming before they will be permitted to return to any City-run program or activity.
 - Advise them strongly to seek medical attention as a precaution even if they do not plan to return to a City run program or activity.
 - Encourage the participant to share and disclose a diagnosis to any other sport organization or school that they may also attend as appropriate.
5. Freeze their participant's account in the designated recreation registration system and issue a refund as appropriate for any missed sessions.
6. Fill out an Accident / Incident Report recording all relevant details about the incident in accordance with the Accident, Incident and Customer Concern Reporting Procedures SOP.

Return to Sport or Program Protocol

- Any participant that was removed from a recreation program or sport because of a confirmed or suspected concussion must show documentation confirming the following before being allowed to return:
 - Has undergone a medical assessment by a physician or nurse practitioner and has not been diagnosed as having a concussion, and;
 - Has been medically cleared to return to full unrestricted programming including training, practice or competition by the physician or nurse practitioner.
- I understand the following steps will be undertaken by City staff in the case of a suspected concussion:
 1. Remove any account freeze on the participant's account in the designated recreation registration system as applicable.