



**COMPLETE
CONCUSSION
MANAGEMENT™**

CONCUSSION CODE OF CONDUCT



RESPECT YOURSELF

- I will wear the appropriate equipment to all games and practices.
- I will inform my coach and parents of any and all injuries sustained during or outside of our games and practices.
- I understand that a concussion is a **SERIOUS** brain injury that has both short and long-term consequences if not managed correctly.
- I understand that I do not need to lose consciousness to have sustained a concussion.
- I understand that any blow to the head, face, neck or body which causes a sudden movement of the head may cause a concussion.
- I understand that if I suspect I might have a concussion I should stop playing **IMMEDIATELY**.
- I understand that continuing to play with a suspected concussion increases my risk of a more severe, longer lasting concussion symptoms, as well as increases my risk of additional injury.
- I will not hide my symptoms. I will tell my coach, parents, guardians and teammates if I am concerned I have had a concussion or experience any signs or symptoms of a concussion.
- I understand I will not be able to return-to-play following a collision where I experience signs and symptoms of a concussion.
- I understand I will have to be cleared by a physician or licensed healthcare provider with training and experience in concussion management before I can return-to-play.
- I understand I have to follow a 4-step return-to-learn and 6-step return-to-play guidelines without experiencing any symptoms before returning-to-play.

RESPECT OTHERS

- I will respect the rules of the game
- I will respect my opponents and play fair
- I will not fight or attempt to injure any player on purpose
- I will respect my coaches, officials, parents and licensed healthcare providers and any decisions made in regard to my health and safety.

TEAM:

PLAYER:

PARENT:

DATE: