



BALMERTOWN FIGURE SKATING CLUB

Concussion Code of Conduct for Athletes & Parents/Guardians

Aligned with Skate Canada and Skate Ontario Requirements

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 (respecting other athletes, coaches and officials).
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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 possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.
(Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition immediately, or tell an adult if I think another athlete has a concussion).
 - 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.
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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, 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, synchro team manager, 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.



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- 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 (Meaning: 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.)
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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 process (I will have to follow Balmertown FSC's Return to Sport Protocol).
 - 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, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.
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Acknowledgment

I acknowledge that I have read, understood, and commit to this Concussion Code of Conduct.

Name: _____

Athlete Signature: _____

Parent/Guardian Signature: _____ (of athletes who are under 18 years of age)

Date: _____