



CONCUSSION CODE OF CONDUCT

Updated – December 15, 2019

Concussion Code of Conduct for Athletes and Parents/Guardians (for athletes under 18 years of age)

I will help to prevent concussions by:

- Wearing the proper equipment for the sport of ball hockey in the appropriate manner.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the playing rules of the Ontario Ball Hockey Association
- Respecting the warm-up and practice procedures during training.
- Committing to fair play and respect for all, including other athletes, coaches, 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, neck, face or a blow to my body that causes the brain to move around inside the skull may cause a concussion.
- I do not need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion to a designated person when I feel I may be concussed or think another individual may have sustained a concussion. If I think I might have a concussion I must stop participating in further training, practice or competition IMMEDIATELY, or tell the designated person 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 symptom, 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, team trainer, parent or another adult that 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 that I trust so they can help.



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- I understand that if I have a suspected concussion, I will be removed from ball hockey and will not be able to return to train, 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. This means: 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 to 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 process and I will follow the Ontario Ball Hockey Association'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 and that I must provide the designated person with a signed medical clearance letter from my doctor or nurse practitioner before I can return.
- I will respect my coaches, team trainers, parents, health-care professionals and medical doctors/nurse practitioners, regarding my health and safety.

Additionally, my commitment to the Ontario Ball Hockey Association's Concussion Code of Conduct, and Rowan's Law (Concussion Safety) that states that prior to registration with any sport organization all individuals must review the applicable concussion awareness resources found at www.ontario.ca/concussions

The below links can also be used to access these materials:

[Ages 10 and Under Concussion Awareness Resource](#)

[Ages 11-14 Concussion Awareness Resource](#)

[Ages 15 and Up Concussion Awareness Resource](#)

I understand that I must review one of the resources once a year and confirm that I have completed the review every time I register with a sport organization.

I understand that to participate in ball hockey I must sign and submit to the league the **OBHA Rowan's Law/Concussion Code of Conduct and Concussion Resource Acknowledgment Form**.