

# Chinguacousy Curling Club

## Concussion Code of Conduct

This is the Concussion Code of Conduct for all participants under 26 years old and parents/guardians of participants under 18 years of age participating in curling activities at Chinguacousy Curling Club. This Code of Conduct must be reviewed annually. Governing your actions by this Code of Conduct will minimize the risk of concussion and ensure you are aware of the signs of concussions and you act honestly and appropriately should symptoms of a concussion be noticed.

### **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 participants, coaches, on-ice instructors 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-term 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 the convenor of the activity if I suspect that another individual may have a concussion
- Continuing to participate in activities with a possible concussion increases my risk of more severe, longer lasting symptoms, 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 the convenor of the activity, a coach, on-ice instructor, 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 the convenor of the activity, coach, on-ice instructor, 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 the sport until I undergo a medical assessment and have been medically cleared by a medical doctor or nurse practitioner.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organizations with which I have registered.

### **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 my sport organization's Return-to-Sport Protocol.
- I understand that to return to sport I will have to be medically cleared by a medical doctor or nurse practitioner
- I will respect my coaches, on-ice instructor, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.