



## Concussion Code of Conduct Coach, Umpire and Regatta Official

In recognition of the potential seriousness of a concussion, I, \_\_\_\_\_,  
commit to following the concussion protocols and expectations as highlighted below:

### **I can help prevent concussions through my:**

- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
- Respect for the rules of my sport and efforts to ensure that my athletes do too.
- Commitment to fair play and respect for all and ensuring my athletes respect others and play fair.

### **I will care for the health and safety of all participants by taking concussions seriously. I understand that:**

- A concussion is a brain injury that can have both short and long-term effects.
- A blow to the head, face, neck, or body may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- An athlete with a suspected concussion should stop participating in training, practice or competition immediately.
- I have a commitment to concussion recognition and reporting. This includes supporting my athletes when they report signs or symptoms of possible concussion, acting on any reports if an individual suspects that another individual may have sustained a concussion and watching my athletes and other athletes for any situations where a concussion could be suspected.
- Continuing to participate in further training, practice or competition with a suspected concussion increases a person's risk of more severe, longer lasting symptoms, and increases their risk of other injuries or even death.

### **I will create an environment where participants feel safe and comfortable speaking up. I will:**

- Encourage athletes not to hide their symptoms, but to tell me, an umpire, parent or another adult they trust if they experience any symptoms of concussion.
- Lead by example. I will tell a fellow coach or administrator and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to return to training, practice or competition.
- Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss potential issues related to concussions.

### **I will support all participants to take the time they need to recover.**

- I understand my commitment to supporting the athlete through their return-to-sport process.
- I understand the athletes will have to be cleared by a medical doctor or nurse practitioner before returning to rowing, including staying off the water.
- I will respect my fellow coaches, parents, medical doctors/nurse practitioners and any decisions made with regards to the health and safety of my athletes.