



Concussion Code of Conduct Parents/Guardians

Maintaining a safe learning environment

- I will encourage my child to bring potential issues related to the safety of equipment and the facilities to the attention of staff/coaches/trainers/supervisors/volunteers.
- I will ensure the protective equipment that we provide is properly fitted as per the manufacturer's guidelines, in good working order, and suitable for personal use.

Respect for all

- I will demonstrate respect for all students, staff/coaches/trainers/supervisors/volunteers, opponents, officials, and spectators.
- I will encourage my child to demonstrate respect for staff/coaches/trainers/supervisors/volunteers, teammates, opponents, officials, and spectators.
- I will respect the rules of the sport/physical activities and play time.
- I will respect the decision of staff/coaches/trainers/supervisors/volunteers to remove my child from play if a concussion is suspected.
- I will not pressure my child to participate in practices or games/competitions if they are injured.

Teaching/learning the rules of a physical activity, including the strict enforcement of consequences for prohibited play that is considered high-risk for causing concussions

- I will encourage my child to learn and follow the rules of the sport/physical activity and follow the instructions from staff/coaches/trainers/supervisors/volunteers about prohibited play.
- I will support the enforcement of consequences during practices and competition regarding prohibited play by staff/coaches/trainers/supervisors/volunteers.
- I will respect the decisions of officials and the consequences for my child for any prohibited play.

Implementing the skills and strategies of an activity in a proper progression

- I will encourage my child to follow the instructions of staff/coaches/trainers/supervisors/volunteers about the proper progression of skills and strategies of the sport.
- I will encourage my child to ask questions and seek clarity regarding skills and strategies they are unsure about.

Providing opportunities to discuss potential issues related to concussions

- I will encourage my child to participate in discussions/conversations related to concussions, including signs and symptoms, with staff/coaches/trainers/supervisors/volunteers or caring adult.
- I will encourage my child to talk to staff/coaches/trainers/supervisors/volunteers or caring adult if they have any concerns about a suspected or diagnosed concussion or about their safety in general.

Concussion recognition and reporting

- I have read, and I am familiar with the board approved concussion awareness resources, [Ophea](#) and [Rowan's Law](#).
- I understand that if my child receives a jarring impact to the head, face, neck, or elsewhere on the body that is observed by or reported to staff/coaches/trainers/supervisors/volunteers my child will be removed immediately from the sport/physical activity, and:
 - I am aware that if my child has signs or symptoms of a suspected concussion they should be taken to a physician/nurse practitioner for a diagnosis as soon as reasonably possible that day and I will report any results to appropriate school staff.

- I am aware that not all signs and symptoms emerge immediately and there are times when signs and symptoms emerge hours or days after the incident and in these cases my child must stop all physical activities and be monitored at home and at school for the next 48 hours.
- If no signs or symptoms emerge after 24 hours, I will inform the appropriate school staff and I understand my child will be permitted to resume participation.
- If signs or symptoms emerge, I will have my child assessed by a physician/nurse practitioner as soon as reasonably appropriate that day and will report the results to appropriate school staff.
- I will inform the school principal, staff/coaches/trainers/supervisors/volunteers when my child experiences signs or symptoms of a concussion, including when the suspected concussion occurs during participation in a sport outside of the school setting.
- I will inform the school principal, staff/coaches/trainers/supervisors/volunteers any time my child is diagnosed with a concussion by a physician/nurse practitioner.
- I will encourage my child to remove themselves from the sport/physical activity and report to staff/coaches/trainers/supervisors/volunteers or caring adult if they have signs or symptoms of a suspected concussion.
- I will encourage my child to inform the staff/coaches/trainers/supervisors/volunteers or caring adult when they suspect a teammate may have sustained a concussion.

Acknowledging the importance of communication between the student, parent/guardians, school staff, and any sport organization with which the student has registered

- I will share with the staff/coaches/trainers/supervisors/volunteers and all sport organizations with which my child has registered if/when my child has experienced a suspected or diagnosed concussion or general safety issues.

Supporting the implementation of a Return to School Plan for students with a concussion diagnosis

- I understand that if my child has a suspected or diagnosed concussion, they will not return to full participation, including practice or competition, until permitted to do so in accordance with the Return to School Plan.
- I will ensure my child receives a Medical Clearance as required by the Return to School Plan, prior to returning to full participation in “non-contact sports” or returning to a practice that includes full contact in “contact sports”.

Prioritizing a student’s return to learning as part of the Return to School Plan

- I will follow the recovery stages and learning strategies proposed by the collaborative team for my child as part of the Return to School Plan.