Field Hockey Ontario Concussion Code of Conduct for Coaches, Officials, & Medical Staff

I can help prevent concussions through my:

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly.
- 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 field hockey and efforts to ensure that my athletes do too.
- Commitment to fair play and respect for all (respecting other coaches, athletes, medical staff, officials, spectators and all participants, and ensuring my athletes respect others and play fair.
- Commitment to zero-tolerance for prohibited play that is considered high risk for causing concussions. *
- Acknowledgement of mandatory expulsion from competition for violating zero-tolerance for prohibited play that is considered high risk for causing concussions. *
- Acknowledgement of the escalating consequences for those who repeatedly violate the Concussion Code of Conduct. *

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

- A concussion is a form of traumatic brain injury that can have both short- and long-term effects on an athlete's overall health and well-being.
- A concussion can be caused by a direct blow to the head, face, or neck, or may be caused by a blow elsewhere on the body that transmits a force to the head, causing the brain to shake within the skull.
- A concussion is a functional injury of the brain, rather than a structural injury. Thus, a concussion often does not appear on standard diagnostic imaging such as x-ray, MRI, or CT scan.
- You do not need to lose consciousness to have had a concussion. Every concussion is different and can manifest in different signs-and-symptoms profiles. Signs and symptoms of concussion may range from mild to severe, and may be experienced immediately or appear several hours/days after the initial impact.
- An athlete with a suspected concussion should stop participating in training, practice or competition **immediately**, and report to the designated person/medical staff.
- I have a commitment to concussion recognition and reporting.

- 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, medical staff, an official, parent, or another adult they trust if they experience **any** symptoms of concussion after an impact. I will tell Field Hockey Ontario medical staff if an athlete has told me they are experiencing symptoms, or I suspect that they are/may have sustained a concussion.
- Lead by example. I will tell Field Hockey Ontario medical staff, a fellow coach, or official, 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. I will respect the decision of medical staff to remove an athlete from play, and any subsequent decisions on return-to-play status.
- 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 and respecting the return-to-sport process.
- I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport. A written note from the physician/nurse practitioner denoting clearance to return-to-play must be provided by the athlete.
- I will respect medical staff, fellow coaches, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my athletes.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.

Name: _____

Signature: _____

Position: _____

Date: _____

FIELD HOCKEY ONTARIO