



Toronto Ultimate Club

2020 CONCUSSION CODE OF CONDUCT

CONCUSSION CODE OF CONDUCT FOR ATHLETES, CAPTAINS, COACHES, PARENTS AND ADMINISTRATORS

I will help prevent concussions through my:

- Efforts to help Athletes develop their awareness, body control, agility, and sense of safe play;
- Respect for the rules of Ultimate;

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 person doesn't need to lose consciousness to have a concussion;
- An athlete with a suspected concussion should stop participating in training, practice or competition immediately;
- 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 have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion;

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

- Lead by example. I will tell a fellow player, coach or captain and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms;
- Encourage athletes not to hide their symptoms, but to tell a coach or adult captain if they experience any symptoms of concussion after an impact;
- 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;
- For coaches only: 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 return-to-sport process;
- I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport;
- I will respect my fellow players, captains, coaches, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of our athletes.



I will help prevent concussions, through my:

- Acknowledgement of the escalating consequences for those who repeatedly violate the Concussion Code of Conduct.

By signing, typing in your name and other information and checking the " I Agree" checkbox with an "X", I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.

Name: _____

Date: _____

Position: (Please Specify) _____

I Agree