

# Sample Concussion Code of Conduct for Interschool Sports (Coach/Team Trainer)

*This is a sample Concussion Code of Conduct for Coaches/Team Trainers who are participating in board-sponsored interschool sports. This sample can be used/adapted by any school board in the establishment of their Concussion Code of Conduct that meets the requirements of PPM 158: School Board Policies on Concussion, and in receiving confirmation of review of an approved Concussion Awareness Resource.*

As a Coach/Team Trainer at [School] for the [20xx-20xx] school year, I am committed to:

## **Maintaining a safe learning environment**

- I will review and adhere to the School Board's safety standards for physical activity and concussion protocol, as they apply to my sport prior to taking on the responsibility as Coach/Team Trainer
- I will check the facilities and equipment take necessary precautions and bring potential hazards to the attention of the students.
- I will provide and maintain a safe learning environment for my students and uphold a culture of safety-mindedness.
- I will inform students and their parent/guardian (for students under the age of 18) about the risks of a concussion or other potential injuries associated with the sport and ways to minimize those risks.

## **Fair play and respect for all**

- I will demonstrate a commitment to fair play and will respect my students, opponents, officials, and spectators.
- I will not pressure a student 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 teach students the rules of the sport and will provide instructions about prohibited play.
- I will strictly enforce, during practice and competition, the consequences for prohibited play.
- I will accept and respect the decisions of officials and the consequences for any prohibited play.

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

- I will instruct students in training and practices using the proper progression of skills and strategies of the sport.
- I will encourage students to ask questions and seek clarity regarding skills and strategies they of which they are unsure.

### **Providing opportunities to discuss potential issues related to concussions**

- I will provide opportunities by creating an environment for student discussions/conversations related to suspected and diagnosed concussions, including signs and symptoms, questions, and safety concerns, throughout the day, including before and after practice and competition.

### **Concussion recognition and reporting**

- I have read and am familiar with an approved Concussion Awareness Resource identified by the school board [link to awareness resources].
- I will emphasize the seriousness of a concussion to my students along with outlining the signs and symptoms of a concussion.
- I will provide instruction to students about the importance of removing themselves from the sport and reporting to a Coach/Team Trainer or caring adult if they have signs or symptoms of a concussion.
- I will provide instruction to students about the importance of informing the Coach/caring adult when they suspect a teammate may have a concussion.
- I will immediately remove from play, for assessment, any student who receives a jarring/significant impact to the head, face, neck, or elsewhere on the body and adhere to the School Board's concussion protocol prior to allowing return to physical activity.

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

- I will support and adhere to a process for communication to take place between myself and the student, parent/guardian, and relevant school staff.
- I will promote the importance of communication about a suspected or diagnosed concussion between the student, parent/guardian, and all sport organizations with which the student has registered.

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

- I will support the implementation of the Return to School Plan for students with a diagnosed concussion.

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

- I understand the need to prioritize a student's return to learning as part of the Return to School Plan.
- I will follow the Return to School Plan and make sure a student diagnosed with a concussion does not return to training, practice, or competition until permitted to do so in accordance with the Return to School Plan.

I [Print Name] have read and understand all [# pages] pages of this code of conduct.

Date

Signature