



Concussion Code of Conduct for Coaches and On-Ice Instructors

This is the Concussion Code of Conduct (CCC) for coaches and on-ice instructors participating in activities at the Beaverton Curling Club. Governing your actions by this CCC will minimize the risk to participants you are working with of concussion and ensure you are aware of the signs of concussion to enable you to act honestly and appropriately should symptoms be noticed. The CCC must be reviewed annually.

Coaches and on-ice instructors can help prevent concussions through:

- Efforts to ensure that participants wear the proper equipment and wear it correctly.
- Efforts to help participants develop their skills and strength so they can participate to the best of their abilities.
- Respect for the rules of the sport or activity and efforts to ensure that participants do too.
- Commitment to fair play and respect for all (respecting other coaches, on-ice trainers, officials and all participants and ensuring participants respect others and play fair).

Coaches and on-ice instructors will care for the health and safety of all participants by taking concussions seriously. Coaches and on-ice instructors understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to the head, face, or neck, or a blow to the 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 participant with a suspected concussion should stop participating in training, practice or competition **immediately**.
- Coaches and on-ice instructors 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.
- 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.



Coaches and on-ice instructors will create an environment where participants feel safe and comfortable speaking up. Coaches and on-ice instructors will:

- Encourage participants not to hide their symptoms, but to tell their coach or on-ice instructor, an official, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.
- Lead by example. Coaches and on-ice instructors will tell a fellow coach, official or on-ice instructor and seek medical attention by a physician or nurse practitioner if they are experiencing any concussion symptoms.
- Understand and respect that any participant 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 participants to discuss potential issues related to concussions.

Coaches and on-ice instructors will support all participants to take the time they need to recover.

- Coaches and on-ice instructors understand their commitment to supporting the return-to-sport process.
- Coaches and on-ice instructors understand the participants will have to be cleared by a physician or nurse practitioner before returning to sport.
- Coaches and on-ice instructors will respect their fellow coaches, on-ice trainers, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of the participants.