



Concussion Code of Conduct for Participants and Parents/Guardians (for participants under 18 year of age)

This is the Concussion Code of Conduct (CCC) for participants and parents/guardians of participants under 18 years of age participating in activities at the Beaverton Curling Club. Governing your actions by this CCC will minimize the risk of concussion and ensure you are aware of the signs of concussions to enable you to act honestly and appropriately should symptoms be noticed. The CCC must be reviewed annually.

Participants will help prevent concussions by:

- Wearing the proper equipment for the sport and wearing it correctly.
- Developing skills and strength so that the participant can play to the best of their ability.
- Respecting the rules of the sport or activity.
- Commitment to fair play and respect for all (respecting other participants, coaches, on-ice instructors and officials).

Participants will care for their health and safety by taking concussions seriously, and 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 that causes the brain to move around inside the skull may cause a concussion.
- A person does not need to lose consciousness to have had a concussion.
- Participants have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when and individual suspects that another individual may have sustained a concussion. (Meaning: If a participant thinks they may have a concussion they should stop participating in further training, practice or competition **immediately**, or tell an adult if they think another participant has a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases risk of more severe, longer lasting symptoms, and increases risk of other injuries.



Participants will not hide concussion symptoms. Participants will speak up for themselves and others.

- Participants will not hide symptoms. Participants will tell a coach, official, on-ice instructor, parent or another adult they trust if they experience **any** symptoms of concussion.
- If someone else tells a participant about concussion symptoms, or the participant sees signs they might have a concussion, they will tell a coach, official, on-ice instructor, parent or another adult they trust so they can help.
- Participants understand that if they have a suspected concussion, they will be removed from sport and that they will not be able to return to training, practice or competition until they undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- Participants have a commitment to sharing any pertinent information regarding incidents of removal from sport with the participant's school and any other sport organization with which the participant has registered (Meaning: If a participant is diagnosed with a concussion, they understand that letting all of their other coaches and teachers know about their injury will help them support the participant while they recover.)

Participants will take the time they need to recover because it is important for their health.

- Participants understand their commitment to supporting the return-to-sport process and follow the Beaverton Curling Club's Return-to-Sport Protocol).
- Participants understand they will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- Participants will respect their coaches, on-ice trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding their health and safety.