



Hamilton Victoria Curling Club

Concussion Code of Conduct for Coaches and On-Ice Instructors

This Concussion Code of Conduct for coaches and on-ice instructors outlines the expectations that the Hamilton Victoria Curling Club has set for preventing injury for all curling participants in the 2021-2022 curling year. These commitments should be reviewed annually by anyone who would be coaching or working alongside the youth in our Club. Governing your actions by this Code of Conduct will minimize the risk, to participants you are working with, of concussion and ensure that you are aware of the signs of concussion, and you act honestly and appropriately should symptoms of a concussion be noticed.

I can help prevent concussions through my:

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly. This includes the use of helmets or other protective head gear
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
- Respect for all of the rules of curling and make an effort to ensure that my athletes do, too.
- Commitment to fair play and respect for all (respecting other coaches, team trainers, on ice instructors, officials and all participants and ensuring my athletes respect others and play fair).

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 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 athlete with a suspected concussion should stop participating in training, practice or competition **immediately**.
- 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.

- 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, an official, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.
- Lead by example. I will tell a fellow coach, official, team trainer 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.
- *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 coaches, team trainers, on-ice instructors, 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.

Coach/On-Ice Instructor Name (print): _____

Coach/On-Ice Instructor Name Signature: _____

Date: _____