

KE Competitive Athlete Concussion Code of Conduct

I will help prevent concussions by:

- Developing my skills and strengths so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all (respecting all athletes, coaches, and administrative staff).

I will care for my health and safety by taking concussions seriously. I understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A concussion may be caused by a blow to the head/neck/face or a blow to the body that whips the head back and forth.
- I don't need to lose consciousness to have a concussion.
- I understand that continuing to train with a possible concussion may increase my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

I will not hide concussion symptoms. I will speak up for myself and others

- If I believe I have **ANY** symptoms of a concussion, I must **immediately** stop participating in practice or competition and let my coaches know.
- I have a commitment to my teammates' health and will let my coaches know if I am concerned a teammate may have sustained a concussion.
- I understand that if I have a concussion, I will be removed from sport and will not be able to return to practice/competition until I have been medically cleared to do so.

I will take the time I need to recover because it is important to my health

- I understand that if I have a concussion, I will be removed from sport and will not be able to return until I have been assessed by a medical professional.
- I understand I will have to follow a Return-To-Sport Protocol following a concussion.
- I understand I must be cleared by a medical professional to return to contact at training.
- I will respect the decisions made by my coaches, parents and health-care professionals regarding my health and returning to sport safely.