

HEO CONCUSSION CODE OF CONDUCT

1. PREAMBLE

In accordance with Rowan's Law HEO Participants are required to confirm that they have reviewed the Concussion Awareness Resources at this website www.Ontario.ca/concussions before that participant can register/participate in a sport.

2. EFFECTIVE DATE

June 2019

3. PURPOSE

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- 3.1 I will help prevent concussions by my commitment to:
 - 3.1.1 Wearing the proper equipment for my sport and wearing it correctly;
 - 3.1.2 Respecting the rules of my sport or activity; and
 - 3.1.3 My commitment to fair play and respect for all* (respecting other athletes, coaches, team trainers and officials).
- 3.2 **I will care for my and others health and safety by taking concussions seriously, and I understand that:**
 - 3.2.1 A concussion is a brain injury that can have both short- and long-term effects;
 - 3.2.2 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; and
 - 3.2.3 A person doesn't need to lose consciousness to have had a concussion.
- 3.3 **I will commit to:**
 - 3.3.1 report any possible concussion received during participation in HEO to a designated person;
 - 3.3.2 recognizing a concussion or possible concussion and the reporting to a designated person when an individual suspects that another individual may have sustained a concussion;
 - 3.3.3 sharing any pertinent information regarding incidents of a removal from sport with the Player's school and other sport organization with which the player has registered;
 - 3.3.4 sharing any pertinent information regarding incidents of a concussion that have occurred outside of participation in HEO to a designated person with your/individual's Team;

- 3.3.5 Complete Injury Report Forms in a timely manner and ensure they are submitted to the Member;
- 3.3.6 Give commitment to providing opportunities before and after each training, practice and competition to enable participants to discuss potential issues related to concussions; and
- 3.3.7 Maintain an open dialogue with all athletes and participants (and parents/guardians in cases of minors) about their health and any signs and symptoms of concussion they may experience.
- 3.4 **I will commit to respect the HEO Removal and Return to Play Protocol by:**
- 3.4.1 Understanding that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition;
- 3.4.2 Understanding I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition;
- 3.4.3 Respect the roles and responsibilities of all coaches and health care professionals in Return to Play protocol; and
- 3.4.4 Respond appropriately with Return to Play protocols if a participant is experiencing concussion related symptoms or if you suspect any participant has sustained a concussion.

4. Concussion awareness resources will be available in the following three formats:

- 4.1 Under *Rowan's Law*, if your sport organization has requested it, you will need to review **one** format each year. All three formats contain similar information. Choose the format that suits your learning style.
- 4.2 <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>
- 4.2.1 e-booklet (as of June 26, 2019 only one available)
- 4.2.2 video
- 4.2.3 e-module

5. Government of Ontario Concussion Awareness Resource E-Booklet

- 5.1 This e-booklet will help you learn more about concussions so you can keep yourself and others active and safe — whether you're an athlete, student, parent, coach, official or educator.
- 5.2 You can download and print the appropriate age group(s) for reference.
- [Ages 10 and Under](#)
 - [Ages 11-14](#)
 - [Ages 15 and Up](#)