



Concussion/Medical Code of Conduct

- I will wear the appropriate equipment and uniform to training and matches. Proper equipment includes shin pads and proper footwear.
- If I am not present at a training session or a match due to injury sustained at training or outside of the session I will provide a signed doctor note to the next scheduled training session. Otherwise I understand that it will affect playing time.
- In case of injury sustained, either in training or outside training, I will inform my coach, manager, and Athletic Therapist immediately via email, phone or in person.
- I understand that a concussion is a **serious** brain injury that has both short- and long-term effects.
- I understand that I don't need to lose consciousness to have had a concussion.
- I understand that any blow to the head, face, or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion.
- I understand that if I suspect I might have a concussion I should stop playing **immediately**.
- I understand that continuing to play with a suspected concussion increases my risk of more severe, long lasting concussion symptoms, as well as increases my risk of other injuries.
- I understand I will not be able to return to play following a collision where I experience signs and symptoms of a concussion.
- I understand I will have to be cleared by a physician or qualified medical professional, preferably one with experienced in concussion management, prior to returning to play.
- I understand I will have to follow the 6-step concussion Return to Play guideline when returning to training.
- I will not hide my symptoms. I will tell my coach, therapist, parent, or other responsible person if I am concerned I have had a concussion and/or experience **any** signs and symptoms of a concussion following a collision.

Player: _____

Parent/Caregiver: _____

Date: _____