

**Field Hockey Ontario Concussion Code of Conduct for Coaches, Officials, & Medical Staff**

- 1. I can help prevent concussions through my:**
  - a. Efforts to ensure that my athletes wear the proper equipment and wear it correctly.
  - b. Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
  - c. Respect for the rules of field hockey and efforts to ensure that my athletes do as well.
  - d. Commitment to fair play and respect for all (respecting other coaches, athletes, medical staff, officials, spectators and all participants, and ensuring my athletes respect others and play fair.
  - e. Commitment to zero-tolerance for prohibited play that is considered high risk for causing concussions.
  - f. Acknowledgement of mandatory expulsion from competition for violating zero-tolerance for prohibited play that is considered high risk for causing concussions.
  - g. Acknowledgement of the escalating consequences for those who repeatedly violate the Concussion Code of Conduct.
  
- 2. I will care for the health and safety of all participants by taking concussions seriously. I understand that:**
  - a. A concussion is a form of traumatic brain injury that can have both short- and long-term effects on an athlete's overall health and well-being.
  - b. A concussion can be caused by a direct blow to the head, face, or neck, or may be caused by a blow elsewhere on the body that transmits a force to the head, causing the brain to shake within the skull.
  - c. A concussion is a functional injury of the brain, rather than a structural injury. Thus, a concussion often does not appear on standard diagnostic imaging such as x-ray, MRI, or CT scan.
  - d. You do not need to lose consciousness to have had a concussion. Every concussion is different and can manifest in different signs-and-symptoms profiles. Signs and symptoms of concussion may range from mild to severe, and may be experienced immediately or appear several hours or even days after the initial impact.
  - e. An athlete with a suspected concussion should stop participating in training, practice or competition immediately, and report to the designated person/medical staff.
  - f. I have a commitment to concussion recognition and reporting.
  - g. 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.

- 3. I will create an environment where participants feel safe and comfortable speaking up. I will:**
- a. Encourage athletes not to hide their symptoms, but to tell me, medical staff, an official, parent, or another adult they trust if they experience any symptoms of concussion after an impact. I will tell Field Hockey Ontario medical staff if an athlete has told me they are experiencing symptoms, or I suspect that they are/may have sustained a concussion.
  - b. Lead by example. I will tell Field Hockey Ontario medical staff, a fellow coach, or official, and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
  - c. 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. I will respect the decision of medical staff to remove an athlete from play, and any subsequent decisions on return-to-play status.
  - d. Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss potential issues related to concussions.
- 4. I will support all participants to take the time they need to recover.**
- a. I understand my commitment to supporting and respecting the return-to-sport process.
  - b. I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport. A written note from the physician or nurse practitioner denoting clearance to return-to-play must be provided by the athlete.
  - c. I will respect medical staff, fellow coaches, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my athletes.