

Navan Curling Club
1305 Fairgreen Avenue
Navan, ON K4B 1N2
613-835-2736



Club de curling Navan
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Navan Curling Club Concussion Code of Conduct for Athletes and for Parents/Guardians (for athletes under 18 year of age)

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength 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 other athletes, coaches, and officials).

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

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- A person does not need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to the Club Manager, respective League Convenor or Coach when I suspect that another individual may have sustained a concussion. (Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition **immediately**, or tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases 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.

- I will not hide my symptoms. I will tell the Club Manager, respective League Convenor, a coach, parent or another adult I trust if I experience **any** symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell the Club Manager, respective League Convenor, a coach, parent or another adult I trust so they can help.
- I understand 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.

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- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the my school and any other sport organization with which I have registered (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover.)

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

- I understand my commitment to supporting the return-to-sport process (I will have to follow Curling Canada's Return-to-Play Protocol).
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

As a Club Official (Board of Directors, Club Manager or Convenor) or Coach, I will:

- Create an environment where all participants feel safe and comfortable in curling, in promoting a safe environment, in taking concussions seriously, and in adhering to this Code of Conduct;
- Respect and support Curling Canada's Return-to-play policy/protocol, including the need for medical clearance of any athlete with a suspected concussion before returning to sport and the decisions taken by others regarding the health and safety of participants at the Club;
- Lead by example in respecting the rules of curling.