



## PROVINCIAL WOMEN'S SOFTBALL ASSOCIATION

### 2023 CONCUSSION CODE OF CONDUCT

#### **CONCUSSION CODE OF CONDUCT FOR PLAYERS, PARENTS, COACHES, UMPIRES, DIRECTORS, & SUPPORT PERSONNEL**

##### **I will help prevent concussions through my:**

- Efforts to ensure that Athletes wear the proper equipment and wear it correctly;
- Efforts to help Athletes develop their skills and strength so they can participate to the best of their abilities;
- Respect for the rules of softball or activity and efforts to ensure that the athletes do, too;
- Commitment to fair play and respect for all (respecting coaches, umpires, support personnel and all participants and ensuring my athletes respect others and play fair).

##### **I will care for the health and safety of all participants by taking concussions seriously. I understand that:**

- A concussion is a brain injury that can have both short- and long-term effects;
- A person doesn't need to lose consciousness to have had a concussion;
- An athlete with a suspected concussion should stop participating in training, practice or competition immediately;
- 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;
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion;

##### **I will create an environment where participants feel safe and comfortable speaking up. I will:**

- Lead by example. I will tell a fellow coach, umpire, support personnel and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms;
- Encourage athletes not to hide their symptoms, but to tell me an umpire, a coach, support personnel, parent or another adult they trust if they experience any symptoms of concussion after an impact;
- 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;
- For coaches only: Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss potential issues related to concussions;

##### **I will support all participants to take the time they need to recover.**

- I understand my commitment to supporting the return-to-sport process;
- I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport;
- I will respect my fellow coaches, umpires, support personnel, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of our softball athletes.

##### **I will help prevent concussions, through my:**

- Acknowledgement of the escalating consequences for those who repeatedly violate the Concussion Code of Conduct.

**By signing, typing your name and other information and checking the "I Agree" check box with an "X", I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct**

**Association:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Position:** \_\_\_\_\_

**I Agree**