



Milton Soccer Academy

Your not-for-profit community soccer club

Code of Conduct for Players and Parents/Guardians

(for players under 18 years of age)

I will help prevent concussions by:

- Correctly wearing the proper equipment and footwear.
- Develop my techniques and athletic abilities so that I can participate to the best of my ability.
- Respect the Laws of the Game.
- My commitment to Fair Play and respect for all (respecting other coaches, technical staff, match officials, club and league administrators, spectators and all participants, including opponents.)
- My commitment to zero-tolerance for prohibited play that is considered high risk for causing concussions. (*See below.)
- My acknowledgement of mandatory expulsion from competition for violating zero-tolerance for prohibited play that is considered high risk for causing concussions.
- My acknowledgement that there are escalating consequences for repeatedly violating this Concussion Code of Conduct.

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.
- I don't 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 a designated person when an individual suspects 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 player 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 a coach, official, technical staff, 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 a coach, official, technical staff, 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 immediately 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 following Club Concussion Management and Return to Play policy.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the player's school and any other sport organization with which the player has 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.)



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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 my Club's Concussion Management and Return to Play policy).
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition as outlined in the Club's Concussion Management and Return to Play policy.
- I will respect my coaches, technical staff, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.

NOTE: If you register using our online system, then electronic acceptance of this waiver is required instead.

Player Name: _____

**Name of Parent/Guardian (of
players who are under 18
years of age):** _____

Signature _____

Date: _____

*** Play that is considered high risk for causing concussions includes, but is not restricted to:**

- **Blows to the head, neck or upper back using hands, fist, arms, knees or head to head contact**
- **Pushing or charging or making excessive contact with another player from behind**
- **Using excessive force in a shoulder-to-shoulder charge**
- **Causing someone to fall violently to the ground (by tripping, tackling from behind, etc.)**
- **Deliberate attempts to injure another player**
- **Deliberate front facing collisions where an attempt is made to stop the forward movement of another player using the body (a "body check")**