



# Milton Soccer Academy

Your not-for-profit community soccer club

## **Concussion Code of Conduct for Coaches and Technical Staff**

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

- Efforts to ensure that my players wear the proper equipment/footwear and wear it correctly.
- Efforts to help my players develop their techniques and athletic abilities so that they can participate to the best of their abilities.
- Respect for the Laws of the Game and efforts to ensure that my players do, too.
- 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, and ensuring that my players respect others and play fair as well).
- Commitment to zero-tolerance for prohibited play that is considered high risk for causing concussions.
- Acknowledgement of mandatory expulsion from competition for violating zero-tolerance for prohibited play that is considered high risk for causing concussions. (\*See below.)
- Acknowledgement of the escalating consequences for those who repeatedly violate the Concussion Code of Conduct.

### **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 blow to the head, face, or neck, or a blow to the body may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- An player with a suspected concussion shall stop participating in training, practice or competition **immediately**.
- 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.
- 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 will create an environment where participants feel safe and comfortable speaking up. I will:**

- Encourage players not to hide their symptoms, but to tell me, an official, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.
- Lead by example. I will tell a fellow coach, official, technical staff, Club Director or Club Administrator and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.



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- Understand and respect that any player 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 following Club Concussion Management and Return to Play policy.
- *(For coaches only:)* Commit to providing opportunities before and after each training, practice and competition to enable players 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 players will have to be cleared by a physician or nurse practitioner before returning to sport as outlined in the Club Concussion Management and Return to Play policy.
- I will respect my fellow coaches, team trainers, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my players.

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.**

**Coach/Technical Staff Name:** \_\_\_\_\_

**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")**