

Concussion Code of Conduct For Participants

City of Toronto's Mandate

The City of Toronto is dedicated to ensuring the safety of all individuals who participate in its programs and services. Ontario Regulation 161/19 of *Rowan's Law (Concussion Safety), 2018*, S.O. 2018, c. 1 (the "Act"), , requires all sport organizations as defined in the Regulation, which includes the City of Toronto, to have a Concussion Code of Conduct. The Act requires program instructors and officials to confirm on an annual basis that they have reviewed the Concussion Code of Conduct.

I will help prevent concussions by:

Wearing the proper equipment for my sport program and wearing it correctly.

Developing my skills so that I can participate safely and 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 participants, program instructors, or officials).

I will care for my health and safety 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 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 my program or competition **immediately**, or tell an adult if I think another participant has a concussion.)

Continuing to participate in my program or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

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I will not hide concussion symptoms. I will speak up for myself and others

I will not hide my symptoms. I will tell a program instructor, official, parent or another adult I trust if I experience **any** symptoms of concussion.

If another participant tells me they have concussion symptoms, or I see signs they might have a concussion, I will tell a program instructor, official, 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 or activity and that I will not be able to return to physical activity, program or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared (by providing a medical note) to return to physical activity, program, or competition.

I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organization with which I am registered.

(Meaning: If I am diagnosed with a concussion, I understand that letting all of my program instructors, 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 to my health.

I understand my commitment to supporting the City of Toronto's Return to Physical Activity or Program protocol.

I understand I will have to be medically cleared by a medical doctor or nurse practitioner (bringing a medical note) before returning to my program or competition.

I will respect my program instructor, parents, health-care professionals, medical doctors and nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed Ontario's Concussion Awareness Resources and have reviewed and commit to this Concussion Code of Conduct

Participant First Name	Participant Last Name
Signature of Participant	
Parent/Guardian First Name	Parent/Guardian Last Name
Signature of Parent/Guardian (of participants who are under 18 years of age)	
Program Name	Date (yyyy-mm-dd)

Parks, Forestry & Recreation collects personal information on this form under the legal authority of the City of Toronto Act, 2006, SO 2006, Chapter 11, Schedule A, s 136 (c) and the Rowan's Law (Concussion Safety), 2018, SO 2018, Chapter 1, Ontario Regulation 161/19. The information is used to confirm review and understanding of the Concussion Code of Conduct and the Government of Ontario Concussion Awareness resources. Questions about this collection can be directed to the Manager of Recreation, Etobicoke Civic Centre, 399 The West Mall, Toronto, ON M9C2Y2, Phone (416) 397-5349.