

## Concussion Code of Conduct

This Concussion Code of Conduct is required by Rowan's Law (Concussion Safety) 2018 and applies to all Triathlon Ontario members, event participants, volunteers, staff, and coaches.

I will help prevent concussions by:

- Correctly wearing the proper equipment for triathlon training and racing;
- Respecting triathlon rules and the instructions of officials, lifeguards, and coaches; and,
- Committing to fair play and respect for all.

I will take concussions seriously, and I commit:

- To learn to recognize concussions and the symptoms of concussion;
- To self-report when I suspect I have a concussion; and,
- To report suspected and possible concussions in others in my charge.

I will proactively support the return-to-sport process, and:

- Remove myself from sport when I suspect a concussion;
- Not return to sport until cleared by a doctor or nurse practitioner; and,
- I will follow the return-to-sport protocol for myself and others in my charge.

I will share pertinent information regarding removal from sport for concussion:

- With Triathlon Ontario and any other required sport organizations;
- For athletes under 18 years of age, with the athlete's school; and,
- I will not hide or conceal symptoms of concussion in myself or others in my charge.

When I am in charge of other athletes in training, practice, or competition:

- I will provide opportunities to report concussions before and after the activity;
- I will remove athletes in my charge from sport when I suspect a concussion; and,
- I will report concussions to Triathlon Ontario and follow return-to-sport protocol.

I understand that if I have a suspected concussion I will be removed from sport until cleared by a doctor or nurse practitioner.

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Athlete Name (Print)

Signature

Parent/Guardian Signature (If under 18)

Date