



# Croatia Norval S.C.

## Concussion Code of Conduct for Players

<u>Policy Type</u>	<u>Author</u>	<u>Approved By</u>	<u>Approval Date</u>
Admin.	A. Radosevic	CNSC B.O.D	Dec 1, 2022



# Croatia Norval S.C.

## Concussion Code of Conduct for Players



The Croatia Norval Soccer Club's Concussion Code of Conduct for Players has been created to ensure that the safety of the Club's participants is a priority. All players are required to always adhere to the Club's Concussion Code of Conduct per CNŠC policies and Rowan's Law.

### **I will help prevent concussions by:**

- Wearing the proper equipment for soccer and wearing it correctly.
- Developing my skills and strength so that I can participate 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 athletes, coaches, team trainers and officials).

### **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 a 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, practise or competition immediately, or tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practise 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 coach, official, team trainer, 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, team trainer, parent or another adult so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practise 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. Once a player is cleared, they will provide the club and the coach with the necessary medical documentation.
- I commit to sharing any pertinent information regarding incidents of removal from the sport with the athlete’s school and any other sports organization with which the athlete 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).

**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 CNSC’s Concussion Return to Play Protocol).
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, healthcare professionals & medical doctors & nurse practitioners, regarding my health and safety.
- Please note that when registering you agree to this Code of Conduct.

**Player (Guardian) Sign Off**

I have read, understand, and agree to adhere to CNSC’S Concussion Code of Conduct for Players.

Name:	Date:	Signature:
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<u>Rev. #</u>	<u>Date</u>	<u>Revisor</u>	<u>Comments</u>
.001	Dec 1, 2022	A. Radosevic	New Document