



Shahph Puma Sports Club

www.shahphpuma.com

SPSC- CONCUSSION Code of Conduct for Coaches, Managers and Team Trainers

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The Shahph Puma Sports Club (SPSC) Concussion Code of Conduct for Coaches, Managers & Team Trainers has been created to ensure that the safety of the Club's players is a priority. All team officials are required to adhere to the Club's Concussion Code of Conduct at all time in accordance to SPSC policies and Rowan's Law.

I can help prevent concussions through my:

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities
- Respect for the rules of my sport or activity and efforts to ensure that my athletes do, too
- Commitment to fair play and respect for all (respecting other coaches, team trainers, officials and all participants and ensuring my athletes respect others and play fair).

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 athlete with a suspected concussion should 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

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I will create an environment where participants feel safe and comfortable speaking up. I will:

- Encourage athletes 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, team trainer and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any athlete 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.
- For coaches only: Commit to providing opportunities before and after each training, practice and competition to enable athletes 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 athletes will have to be cleared by a physician or nurse practitioner before returning to sport.
- 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 athletes.

By signing here, I acknowledge that I have fully reviewed and commit to the Shahph Puma Sports Club Concussion Code of Conduct for Coaches, Managers & Team Trainers.

Name:	
Signature:	
Date:	

Additional Resource:

https://canadasoccer.com/wp-content/uploads/2020/12/CanadaSoccer_Guide_Safety_EN.pdf

https://cdn1.sportngin.com/attachments/document/30a0-1827007/Concussion_Assessment_Medical_Report.pdf?_gl=1*3g268*_ga*NzU4MzAwMDkzLjE3MDkxNTA2NTA.*_ga_PQ25JN9PJ8*MTcxMDC5MjM3MS4yOC4xLjE3MTA3OTM2NzkuMC4wLjA.#_ga=2.178595748.1064305761.1710447237-758300093.1709150650

