



## Concussion Code of Conduct Designated Person

In recognition of the potential seriousness of a concussion, I, \_\_\_\_\_, commit to following the concussion protocols and expectations as highlighted below:

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

- Efforts to help those around me develop their skills and physical abilities so they can participate to the best of their abilities.
- Respect for the rules of my sport and efforts to ensure that others do too.
- Commitment to fair play and respect for all and ensuring participants 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, neck, or 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.
- A sailor with a suspected concussion should stop participating in training, practice or competition immediately.
- I have a commitment to concussion recognition and reporting. This includes supporting sailors and volunteers when they report signs or symptoms of possible concussion, acting on any reports if an individual suspects that another individual may have sustained a concussion and watching my crew and other sailors for any situations where a concussion could be suspected.
- 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 sailors not to hide their symptoms, but to tell me, an official, or another sailor they trust if they experience **any** symptoms of concussion.
- Lead by example. I will tell an official or administrator and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms. I will follow the same protocols regarding suspected concussions as any other participant.
- Understand and respect that any sailor 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.
- Commit to providing opportunities before and after each training, practice and competition to enable participants 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 participants through their return-to-sport process.



- I understand the participants will have to be cleared by a medical doctor or nurse practitioner before returning to sailing, including staying off the water.
- I will respect my fellow leaders, administrators, officials, medical doctors/nurse practitioners and any decisions made with regards to the health and safety of participants.

**By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.**

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Signature

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Date