



## **Etobicoke Girls Softball League Concussion Code of Conduct**

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

Wearing the proper equipment and wearing it properly.

Respecting the rules of softball.

Play fair and with respect for all other athletes, coaches and officials.

### **I will commit to my, and others, health and safety by taking concussions seriously:**

A concussion is a brain injury that can have both short and long-term effects.

Impact to the head, face or neck, or impact to the body that causes the brain to move around inside the skull, may cause a concussion.

A person doesn't need to lose consciousness to experience a concussion.

Continuing to train or play with a possible concussion increases the risk of more severe and long lasting symptoms or health problems.

### **I will commit to:**

Not hide any symptoms of possible concussion.

Report any possible concussion received during participation in the EGSL to a coach or other designated person.

Recognize and report any possible concussion received by another person during participation in the EGSL to a coach or other designated person.

Share any information regarding incidents of a removal from physical activity outside of the EGSL due to a possible concussion or concussion related symptoms.

Complete Concussion Report Form (found on our website) in a timely manner and submit a copy to the league.

Provide an opportunity before or after each practice or game to allow participants to discuss potential issues related to concussions and maintain an open dialogue with all athletes about their health in regards to concussions and concussion related symptoms.

### **I will commit to respect the EGSL Removal and Return to Play Protocols:**

Understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to practice or competition.

Respect the role and responsibility of all coaches and health care professionals in the Return to Play protocol.

Respond appropriately with Return to Play protocols if a participant is experiencing concussion related symptoms or if you suspect a participant has sustained a concussion.