



# Concussion Code of Conduct

Athletes & Parents/Guardians

WAKO Canada is committed to the safest environment for all participants in the Sport of Kickboxing. Our intent is to educate all athletes, coaches and parents on how to best train and compete and stay healthy and safe.

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate at my best level.
- Respecting the rules of my sport.
- My commitment to fair play and respect for all athletes, coaches, 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.
- If I think I might have a concussion I should stop participating in further training, practice or competition immediately, or tell a coach and adult if I think another athlete has a concussion.
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

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, instructor, 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, instructor, parent or another adult I trust 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, practice or competition until I undergo a medical assessment by a medical doctor and have been medically cleared to return to training, practice or competition.
- 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.



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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 as determined by a medical physician.
- 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, instructors, health-care professionals, and medical doctors, regarding my health and safety.

I will help prevent concussions, through my:

- Commitment to zero-tolerance for prohibited play that is considered high risk for causing concussions.
- Acknowledgement of mandatory expulsion from competition for violating zero-tolerance for prohibited play that is considered high risk for causing concussions.
- Acknowledgement of the escalating consequences for those who repeatedly violate the Concussion Code of Conduct.

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

Athlete: \_\_\_\_\_

Parent/Guardian (of athletes who are under 18 years of age): \_\_\_\_\_

Date: \_\_\_\_\_