



I will help players on my team to prevent concussion.

- I will ensure all players on my team wear the proper equipment and wear it correctly.
- I will help players develop their skills and strength so they can play to the best of their ability.
- I will respect the rules of my hockey league and ensure all players on my team do as well.
- I will respect other coaches, trainers, safety personnel, officials and all those involved with my league and team.
- I will ensure players on my team respect others and play fair and safe.

I will take concussions seriously and educate my team to help ensure their health and safety.

- I understand a concussion is a serious brain injury that can have both short- and long-term effects.
- I understand that any blow to the head, face, or neck, or a blow to the body that causes a sudden jarring of the head may cause a concussion.
- I understand that a player doesn't need to lose consciousness to have had a concussion.
- If I suspect a player may have a concussion, I will stop them from participating in practice or gameplay immediately. I understand that if I think I have a concussion, I should stop coaching, training, or safety person responsibilities/activities immediately.
- I understand continuing to participate in hockey and other physical activity with a suspected concussion increases a player's risk of more severe, longer-lasting symptoms, and increases their risk of other injuries.
- I will make concussion education a priority on my team.
- I will follow and enforce my league's concussion protocol and policies.

I will create an environment where players on my team feel safe and can always speak up.

- I will encourage players not to hide any concussion symptoms or play through the pain.
- I will ensure my players know to tell me, another coach, an official, parent or other adult they trust if they, or a teammate, experience any concussion symptoms after an impact.
- I will lead by example. I will tell a fellow coach, official, team trainer, safety person, or healthcare professional if I am experiencing any concussion symptoms.
- I will create opportunities for players to speak with me about any concerns related to concussion before or after each training session, practice, or game.
- I will support all players on my team to take the time they need to recover.
- I understand and respect that any player with a suspected concussion must be removed from the game immediately and not be permitted to return until they undergo a medical assessment by a doctor and have been medically cleared to return to training, practice, or gameplay.
- I understand players will have to follow the Return-to-Sport strategy.
- I understand players will have to be cleared by a doctor before returning to hockey or other physical activity after a concussion.
- I will respect my fellow coaches, trainers, safety personnel, parents and medical professionals and any decisions made with regards to the health and safety of my team.

Coach/Trainer/Safety Person

Date