

PARENTS AND CAREGIVERS



I will help my child prevent concussion.

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

I will be aware of signs and symptoms of concussion in my child and take concussions seriously.

- 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 my child doesn't need to lose consciousness to have had a concussion.
- If I suspect my child may have a concussion, I will ensure they stop participating in practice or gameplay immediately.
- I understand continuing to participate in hockey and other physical activity with a suspected concussion increases my child's risk of more severe, longer-lasting symptoms, and increases their risk of other serious injuries.
- I will be aware of and follow the concussion protocol and policies of my child's hockey league.

I will ensure my child feels comfortable speaking up if they experience any signs or symptoms of a concussion.

- I will encourage my child not to play through the pain or hide any concussion symptoms.
- I will ensure my child knows to tell me, their coach, their trainer, safety person, an official, or other adult they trust if they experience any concussion symptoms after an impact.
- I will ensure my child tells their coaches and teachers about any diagnosed concussions so they can support my child's recovery.

I will support my child's recovery and ensure they do not return to hockey or other physical activity until they are fully recovered.

- I understand and respect that if my child shows any signs or symptoms of concussion, they will be removed from practice or gameplay and cannot return until they are assessed by a doctor and are medically cleared to return.
- I understand my child has to follow the Return-to-Sport strategy and I will help them do so.
- I understand my child will have to be cleared by a doctor before returning to hockey or other physical activity after a concussion.
- I will respect my child's coaches, trainers and medical professionals and any decisions made with regards to the health and safety of my child.

Parent/Caregiver

Name of Player

Date