



I will do my best to protect myself and others from concussion.

- I will wear the proper hockey equipment and wear it correctly.
- I will develop my skill and body strength so that I can play to the best of my abilities.
- I will respect the rules of the game.
- I will respect myself and my opponents.
- I will not fight or attempt to injure anyone on purpose.
- I will not hit or push another player from behind or hit to the head.
- I will not hit or push another player if they are in a vulnerable position.
- I will play safe, smart and fair.

I will take concussions and concussion education seriously.

- I understand a concussion is a serious brain injury that can have both short- and long-term effects.
- I understand that I do not need to lose consciousness to have had a concussion.
- I understand that any blow to the head, face, or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion.
- I understand if I think I might have a concussion I should stop playing immediately.
- I understand continuing to play with a suspected concussion increases my risk of more severe, longer lasting concussion symptoms, as well as increases my risk of other injury.
- I will follow and respect the concussion protocol and policies of my hockey league.

I will not play through the pain. I will speak up for myself and others.

- I will not hide my symptoms. I will tell my coach, trainer, safety person, parent, caregiver, or other adult I trust if I think I might have a concussion and/or experience any signs and symptoms of concussion following an impact.
- If another player tells me about concussion symptoms, or I notice they might have a concussion, I will tell a coach, official, team trainer, safety person, parent or another adult I trust so they can help.
- I understand that letting all my coaches and teachers know about any diagnosed concussions will help them support my recovery.
- I understand if I show any signs or symptoms of concussion, I will be removed from practice or gameplay and cannot return until I am assessed by a doctor.

I will not return to hockey or other physical activity until I am ready and fully recovered.

- I understand I will not be able to return to practice or gameplay following an impact where I experience any signs and symptoms of concussion.
- I understand I will have to be cleared by a doctor, preferably one with experience in concussion management, prior to returning to hockey and other physical activity.
- I understand I will have to follow the Return-to-Sport strategy when returning to hockey and other physical activity.
- I will respect my coaches, trainers, team safety personnel, parents and medical professionals and any decisions made with regards to my health and safety.

Player

Parent/Caregiver
(if under 18 years of age)

Date