



COACHES AND UMPIRES

ROWAN'S LAW CODE OF CONDUCT

First and last name (please print clearly):	
Division Coaching or just put Umpire:	

The Rowan's Law concussion awareness rules came into effect on July 1, 2019. Sport organizations must require that coaches well as their parent/guardian (for coaches under 18), provide confirmation that they have reviewed the sport's organization Concussion Code of Conduct every year before play.

Failure to do so will prevent the player from participating.

Please read the following carefully and check each box

I can help prevent concussions through my:

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly.
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
- Commitment to fair play and respect for all (respecting other coaches, team trainers, officials and all participants and ensuring my athletes respect others and play fair).

I will care for the health and safety of all participants by taking concussions seriously. I understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to the head, face, or neck, or a blow to the body may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- An athlete with a suspected concussion should stop participating in training, practice, or competition **immediately**.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.

I will create an environment where participants feel safe and comfortable speaking up. I will:

- Encourage athletes not to hide their symptoms, but to tell me, an official, parent or another adult they trust if they experience **any** symptoms of concussion after an impact.
- Lead by example. I will tell a fellow coach, official, team trainer and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to return to training, practice or competition.

I will support all participants to take the time they need to recover.

- I understand my commitment to supporting the return-to-sport process.
- I understand the athletes will have to be cleared by a physician or nurse practitioner before returning to sport.
- I will respect my fellow coaches, team trainers, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my athletes.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.	
Coach/Umpire first and last name (please print clearly)	
Coach/Umpire signature:	
Parent/Guardian first and last name (please print clearly) <i>Required only If coach/umpire is under under 18 years of age</i>	
Parent/Guardian signature: <i>Required only If coach/umpire is under under 18 years of age</i>	
Date:	