



## **Water Polo Canada Concussion Code of Conduct**

*Water Polo Players — 2026-2027 Season*

***Please note: Acceptance as a Registrant or Participant in Water Polo Canada-hosted events and activities is conditional on consent to this Concussion Code of Conduct. Consent is given at the time of registration, when the Registrant or, where the Registrant is a Minor, the Parent/Guardian on the Minor's behalf, accepts Water Polo Canada's Waiver and Consent Form. This Concussion Code of Conduct applies to all player Registrants and forms part of the documents incorporated into the Waiver and Consent Form***

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

- I will wear the proper water polo 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 water polo.
- 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, push, kick or use any type of force towards 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 or practising immediately.
- I understand continuing to play or practice 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 Water Polo Canada, my Province and the National Championship League (NCL).

### **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 person 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 person 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 take the steps I need to return to water polo or other physical activity in a safe and responsible way.**

- 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 unrestricted water polo and other physical activity.
- I understand I will have to follow the Water Polo Return-to-Sport strategy when returning to Water Polo 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.

**Water Polo Canada**

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