



Concussion Code of Conduct Athlete and Participant

In recognition of the potential seriousness of a concussion, I, _____, commit to following the concussion related protocols and expectations as highlighted below:

- Annually review concussion education and resource materials that were provided.
- Sign off on adherence to this concussion code of conduct annually.
- Support a zero tolerance for behaviours that are associated for high risk of causing concussions.
- Be open, honest and forthcoming in regard to any situation I have been involved in, within rowing or outside of rowing, where a concussion has been suspected or confirmed.
- Be open, honest and forthcoming in regard to any signs and symptoms related to a concussion that I may be experiencing.
- Report to our coach/instructor, or other appropriate official, if another individual reveals that they are experiencing concussion related symptoms or if I suspect any other individual has sustained a concussion.
- Respect the roles and responsibilities of coaches and umpires in Removal from sport protocol.
- Should I sustain a concussion, in rowing or other activities, I agree to follow the Return to Rowing Protocol laid out by ROWNTARIO in conjunction with advice from my medical professionals.

Participant Name Participant Signature Date

For individuals under 18 – As parent/guardian of the above participant under 18 years of age:

I, _____, have read and understand the Row Ontario's Concussion Code of Conduct and agree to ensure my child follows the above code and to actively support my child through appropriate concussion protocols if the situation does arise.

Parent/Guardian Name Parent/Guardian Signature Date