



Mississauga Croatia S.C.

Concussion Code of Conduct for Players

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| Administrative | D. Smiciklas | MCSC Board of Directors | March 1, 2022 |



Mississauga Croatia S.C.

Concussion Code of Conduct for Players

The Mississauga Croatia Soccer Club's Concussion Code of Conduct for Players has been created to ensure that the safety of the Club's participants is a priority. All players are required to always adhere to the Club's Concussion Code of Conduct per MCSC policies and Rowan's Law.

I will help prevent concussions by:

- Wearing the proper equipment for soccer and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all (respecting other athletes, coaches, team trainers and officials).

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a brain injury that can have both short and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of a possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion. (Meaning: If I think I might have a concussion I should stop participating in further training, practise or competition immediately, or tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practise or competition with a possible concussion increases my risk of more severe, longer-lasting symptoms, and increases my risk of other injuries.



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I will not hide concussion symptoms. I will speak up for myself and others.

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience any symptoms of a concussion.
- If someone else tells me about concussion symptoms, or I see signs they may have a concussion, I will tell a coach, official, trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practise or competition until I undergo a medical assessment by a medical doctor, nurse practitioner and have been medically cleared to return to training, practice or competition. Once a player is cleared, they will provide the club and the coach with the necessary medical documentation.
- I commit to sharing any pertinent information regarding incidents of removal from the sport with the athlete's school and any other sports organization with which the athlete has registered (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover).

I will take the time I need to recover because it is important for my health:

- I understand my commitment to supporting the return-to-sport process (I will have to follow the MCSC Concussion Return to Play Protocol).
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, healthcare professionals, medical doctors and nurse practitioners, regarding my health and safety.
- Please note that when registering you agree to this Code of Conduct.

Player (Guardian) Sign Off

I have read, understand, and agree to adhere to the MCSC Concussion Code of Conduct for Players.

| | | |
|-------|-------|------------|
| Name: | Date: | Signature: |
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| Rev. # | Date | Revisor | Comments |
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| .001 | March 1, 2022 | D. Smiciklas | New Document |