



HEO CONCUSSION CODE OF CONDUCT

1. PREAMBLE

In accordance with Rowan's Law HEO Participants are required to confirm that they have reviewed the Concussion Awareness Resources at this website www.Ontario.ca/concussions before that participant can register/participate in a sport.

2. EFFECTIVE DATE

June 2019

3. PURPOSE

1. In accordance with Rowan's Law, Stakeholders of Hockey Eastern Ontario (HEO) are required to confirm that they have reviewed the Concussion Awareness Resources at this website www.Ontario.ca/concussions before that participant can register/participate in a sport.

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- 3.1 I will help prevent concussions by my commitment to:
 - 3.1.1 Wearing the proper equipment for my sport and wearing it correctly;
 - 3.1.2 Respecting the rules of my sport or activity; and
 - 3.1.3 My commitment to fair play and respect for all* (respecting other athletes, coaches, team trainers and officials).
- 3.2 **I will care for my and others health and safety by taking concussions seriously, and I understand that:**
 - 3.2.1 A concussion is a brain injury that can have both short- and long-term effects;
 - 3.2.2 A blow to the head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion; and
 - 3.2.3 A person doesn't need to lose consciousness to have had a concussion.
- 3.3 **I will commit to:**
 - 3.3.1 report any possible concussion received during participation in HEO to a designated person;
 - 3.3.2 recognizing a concussion or possible concussion and the reporting to a designated person when an individual suspect that another individual may have sustained a concussion;
 - 3.3.3 sharing any pertinent information regarding incidents of a removal from sport with the Player's school and other sport organization with which the player has registered;
 - 3.3.4 sharing any pertinent information regarding incidents of a concussion that have occurred outside of participation in HEO to a designated person with your individual's Team;



- 3.3.5 Complete Injury Report Forms in a timely manner and ensure they are submitted to the Member;
 - 3.3.6 Give commitment to providing opportunities before and after each training, practice and competition to enable participants to discuss potential issues related to concussions; and
 - 3.3.7 Maintain an open dialogue with all athletes and participants (and parents/guardians in cases of minors) about their health and any signs and symptoms of concussion they may experience.
- 3.4 **I will commit to respect the HEO Removal and Return to Play Protocol by:**
- 3.4.1 Understanding that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition;
 - 3.4.2 Understanding I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition;
 - 3.4.3 Respect the roles and responsibilities of all coaches and health care professionals in Return to Play protocol; and
 - 3.4.4 Respond appropriately with Return to Play protocols if a participant is experiencing concussion related symptoms or if you suspect any participant has sustained a concussion.

4. Concussion awareness resources will be available in the following three formats:

- 4.1 Under *Rowan's Law*, if your sport organization has requested it, you will need to review **one** format each year. All three formats contain similar information. Choose the format that suits your learning style.
- 4.2 <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>
 - 4.2.1 e-booklet (as of June 26, 2019 only one available)
 - 4.2.2 video
 - 4.2.3 e-module

5. Government of Ontario Concussion Awareness Resource E-Booklet

- 5.1 This e-booklet will help you learn more about concussions so you can keep yourself and others active and safe — whether you're an athlete, student, parent, coach, official or educator.
- 5.2 You can download and print the appropriate age group(s) for reference.
 - [Ages 10 and Under](#)
 - [Ages 11-14](#)
 - [Ages 15 and Up](#)