



# Concussion Code of Conduct

## Coaches & Instructors

WAKO Canada is committed to the safest environment for all participants in the Sport of Kickboxing. Our intent is to educate all athletes, coaches and parents on how to best train and compete and stay healthy and safe.

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 that they can participate at their best level.
- Respect for the rules of my sport and activity and ensuring my athletes do as well.
- Commitment to fair play and respect for all athletes, coaches, team trainers and officials.

I will care for my health and safety 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 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.
- A person does not 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 a possible concussion and reporting it to a designated person when an individual suspect that another individual may have sustained a concussion.
- Continuing to participate in further training, practice or competition with a possible concussion increases a person's risk of more severe, longer lasting symptoms, and increases my risk of other injuries or even death.

I will create an environment where participants feel 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 or official and seek medical attention by a physician if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from the sport and not permitted to return until they undergo a medical assessment by a physician and have been medically cleared to return to training or competition.
- Commit to providing opportunities before and after each training session and competition to enable athletes to discuss potential issues related to concussions.



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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, instructors, parents, health care professionals 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: \_\_\_\_\_

Date: \_\_\_\_\_