



**CONCUSSION CODE OF CONDUCT for ATHLETES & GUARDIANS**  
**2021-2022 Ayr Curling Club – Practices, League-play and Interclub events**

**I WILL HELP PREVENT CONCUSSIONS:**

- By wearing & using the proper curling equipment effectively and correctly
- Developing my skills and strength so that I can participate safely and to the best of my ability
- Respecting the rules and safety regulations put in place by the Ayr Curling Club
- By committing to fair play and respecting other participants, coaches, adult helpers, and club officials

**I WILL CARE FOR MY HEALTH & SAFETY BY TAKING CONCUSSIONS SERIOUSLY:**

- A concussion is a brain injury that can have both short and long-term effects
- Any sudden impact to my head, face, neck or body that causes my brain to move inside my skull may cause a concussion
- Continuing to participate in activities when I might have a concussion increases my risk of more severe & longer lasting symptoms
- A second impact may cause more serious injury to my brain if I don't take the time to properly heal after my first impact

**I WILL BE A VOICE FOR MYSELF & OTHERS WHEN IT COMES TO CONCUSSION SYMPTOMS:**

- I have a commitment to report to my coach or a supervising adult if I hit my head or suspect that I have a concussion
- I will not hide my symptoms. I will tell my coach or a supervising adult if I experience any of the symptoms of a concussion
- If someone else tells me that they are having concussion symptoms (or if I see someone else hit their head) or I see signs of a concussion in another player, I will tell my coach or a supervising adult so that they can help
- I understand that if I have a suspected concussion, I will be removed from the curling practice/game. I will not be able to return to future practices or games until I have a medical assessment & have been cleared by a medical doctor or nurse practitioner.

**I WILL TAKE THE TIME I NEED TO RECOVER, BECAUSE IT IS IMPORTANT FOR MY HEALTH:**

- I commit to supporting the return-to-curling process if I am assessed with a concussion
- I understand that after experiencing a concussion that I will have to be medically cleared by a medical doctor or nurse practitioner to return to sport
- I will respect the advice of my coaches, parents, doctor and/or nurse practitioner regarding my health and safety

By signing below, I acknowledge that I have fully reviewed the training (PDF) materials provided by the Ayr Curling Club. I have reviewed the content within the past month, and will abide by the code of conduct above for the 2021-2022 curling season – whether at the Ayr Curling Club, or playing in bonspiels or interclub events at other facilities. (All parents/guardians must also sign for athletes under the age of 18).

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Athlete's signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date