

2021 Exeter Minor Baseball Concussion Code of Conduct Coaches and Staff

I will help prevent concussions by my commitment to:

- Wearing the proper equipment for my sport and wearing it correctly
- 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 and others 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 the head, face, neck or a blow to the body that causes the brain to move around inside the skull may cause a concussion
- A person doesn't need to lose consciousness to have had a concussion

I will create an environment where participants feel safe and comfortable speaking up. I will:

- have injury report forms completed in a timely manner and ensure they are collected and kept in a confidential record.
- 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, official, team trainer and seek medical attention by a physician or nurse practitioner if I am experiencing any concussion symptoms.
- Understand and respect that any athlete with a suspected concussion must be removed from sport and not permitted to return until they undergo a medical assessment by a physician or nurse practitioner and have been medically cleared to return to training, practice or competition.
- Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss potential issues related to concussions.

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, team trainers, parents, physicians and nurse practitioners and any decisions made with regards to the health and safety of my players.