**Concussion Code of Conduct for Aikidoists and Parents/Guardians**

**(For Aikidoists under 18 years of age)**

**I will help prevent concussion by:**

* Listening to the instructions given by my instructor and seniors
* Developing my skills so that I can participate to the best of my ability
* Practicing safe ukemi (Falling)
* Respecting the rules of the dojo
* Practicing responsibility and with respect for all

**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 nectk, or a blow to the body that causes the brain to move around inside the skull my cause a concussion
* I don’t need to lose consciousness to have a concussion
* I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to the instructor when and individual suspects that another individual may have a sustained a concussion (Meaning if I think I might have a concussion I should stop training **immediately**, or tell the instructor if I believe another Aikidoist possibly has a concussion)
* Continuing to participate in training with a possible concussion increases my risk of more severe, longer lasting symptoms, and increase my risk of other severe injuries

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

* I will not hide my symptoms. I will tell my instructor, 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 might have a concussion, I will tell my instructor, parent, or another adult I trust so they can help.
* I understand that if I have a suspected concussion, I will be removed from class and I will not be able to return to training until I undergo an assessment by a medical doctor and have been medically trained to return to training
* I have a commitment to share any pertinent information regarding incidents of removal from training from my school or any other sports in which I participate due to a suspected concussion (If I am removed from a sport other than Aikido due to a suspected concussion by letting all of my instructors/coaches in the other sports in which I participate know of my injury it will aid them in supporting me while I recover)

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

* I understand I will have to be cleared by a medical doctor before returning to Aikido
* I will respect my instructor, parents and health care professionals regarding my health and safety

**As a parent/guardian of a child in Aikido I will take time to read the Rowan’s Law Concussion Awareness Resources found at:**

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>