



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 senior students
- 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 neck or a blow to the body that causes the brain to move around inside the skull may 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 a possible concussion and reporting to the instructor when I suspect that another individual may have sustained a concussion (meaning, if I think I might have a concussion, I should stop training immediately, or, tell the instructor if I believe that another student may have a concussion).
- Continuing to participate in training with a possible concussion increases my risk of more severe, longer-lasting symptoms, and may 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 cleared 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 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 the time to read the Rowan's Law Concussion Awareness Resources found at:

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