

Concussion Code of Conduct

IHNSW is committed to the safety and well-being of the participants in our sport. Participation in sport and activities includes risk of injury that includes concussions. Concussions can pose a serious health risk with short and long-term consequences if not recognised and handled appropriately.

As members of our sport, we all have a significant role to play in concussion identification and management. In recognition of the potential seriousness of a concussion, all participants in IHNSW sanctioned events, are required to read and verify that they will adhere to the Concussion Code of Conduct as a **mandatory condition** prior to participation.

I _____ Please write your full name

commit to the following concussion related protocols and expectations as below

Recognise:

- I understand that a concussion is a serious head injury that can have short and long-term effects.
- I understand that any impact to the head, neck or body may result in a concussion.
- Any individual with a suspected concussion will be removed from activity **immediately** and must seek medical assistance.
- I understand that concussions cannot be seen, and symptoms may occur immediately or hours/days afterwards. **If in doubt, sit them out.**

Prevention:

- Players are required to wear protective equipment correctly.
- A commitment to play fair and respect the rules, the officials, and the opponents.

Responsibility:

- I will commit to concussion reporting. This includes self-reporting of concussion and reporting to appropriate personnel when any individual is suspected of having sustained a concussion.
- I will respect the roles and responsibilities of all team/club staff and physicians in the “G RTP” protocols.
- I will be available, during and after activity to discuss injury/concussion concerns.
- I will commit to zero-tolerance for play that is deemed high risk or ‘reckless’ for causing concussions.
- I understand that those that engage in reckless play will be subject to potential expulsion from play.

Acknowledgements:

- I have reviewed and commit to this Concussion Code of Conduct.
- I understand that concussion education is a mandatory requirement of my participation in any IHNSW sanctioned activity AND commit to reviewing Concussion Education Resources prior to participating in any IHNSW sanctioned team/club and/or activities.
- I understand the important role that I play in the concussion recognition and management process and agree to support the IHNSW Concussion Policy.

Signature of Member or Member’s Guardian if U18

Date

For more information please visit concussioninsport.gov.au

“Concussion” is a brain injury. It cannot be detected by X-ray, CT scan or MRI. It may affect the way a person thinks, feels and acts.

“Return to learn/sport” are medically supervised processes/protocols that gradually introduce the injured player back to academics/activity to ensure they are fully recovered before they are exposed to full mental or physical tasks.