



Commitment

1. Pentathlon Canada commits to a harmonized Pan-Canadian approach to concussion identification and management.

Adoption

2. Pentathlon Canada has adopted and adapted the Canadian Harmonized Sport Concussion Protocol which is provided at the following link: <https://www.pentathloncanada.ca/safe-sport/>
3. Pentathlon Canada's *National Concussion Protocol* will include the following sections:
 - a) Pre-Season Education
 - b) Head Injury Recognition
 - c) Onsite Medical Assessment + Removal from Sport Protocol
 - i. Emergency Medical Assessment
 - ii. Sideline Medical Assessment
 - d) Medical Assessment
 - e) Concussion Management
 - f) Multidisciplinary Concussion Care
 - g) Return to Sport Protocol
4. Pentathlon Canada's *National Concussion Protocol* will also include the following:
 - a) Concussion Pathway graphic
 - b) Pre-season Concussion Education sheet

Compliance

5. When applicable, Pentathlon Canada will comply with provincial/territorial legislation (e.g., Ontario's Rowan's Law) related to concussions and concussion management.
6. As a condition of membership with Pentathlon Canada, Pentathlon Canada will require its Member Associations to comply with any applicable provincial/territorial legislation related to concussions and concussion management.

Registration (ONTARIO only)

7. This section (7-11) of the Policy applies only to participants who reside in the Province of Ontario. Registrants from Ontario are covered under the Ontario legislation known as Rowan's Law. This is specific concussion legislation that mandates several requirements for sport participants from Ontario. Additional information on Rowan's Law legislation can be found here (link here to: <https://sportlaw.ca/rowans-law-concussion-legislation-update/>). The legislation specifies that individuals younger than 26 years old need to sign the Concussion Code of Conduct and review the resources.
8. When an individual from Ontario under the age of 26 years old registers with Pentathlon Canada, the

individual **must** provide written or electronic confirmation that they have reviewed concussion awareness resources within the past 12 months. The Ontario Government has produced age-appropriate concussion resources located here:

- a) [Ages 10 and under](#)
- b) [Ages 11-14](#)
- c) [Ages 15+](#)

9. Ontario individuals under the age of 26 years old must also sign the *Concussion Code of Conduct* (**Appendix A**).
10. For Ontario athletes younger than 18 years old, the athlete's parent or guardian **must** also provide confirmation that they have also reviewed the concussion resources as well and signed the *Concussion Code of Conduct*.
11. Ontario coaches, officials and team trainers must provide confirmation that they have also reviewed the concussion resources and sign the *Concussion Code of Conduct*; but not if they will be interacting exclusively with athletes who are 26 years old or older.

Communication

12. This Policy will be posted on Pentathlon Canada's website and communicated to all Member Associations and individual members and participants.

Policy Review and Enforcement

13. Pentathlon Canada commits to review this Policy in consultation with policy experts, as required, on an annual basis and updating the Policy to reflect developments and legislative updates that may affect operations and governance in this area.
14. Failure to abide by any of the guidelines and/or protocols contained within this policy may result in disciplinary action in accordance with Pentathlon Canada's *Discipline and Complaints Policy*

Approved January 2021 Pentathlon Canada Board of Directors

Ontario Registrants - Concussion Code of Conduct (Appendix A)

PART A – Ontario Participants

The following section of the *Concussion Code of Conduct* must be signed by all Ontario participants under the age of 26 years old. For Participants who are younger than 18 years old, a parent/guardian must also sign this section.

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- Demonstrating my commitment to fair play and respect for all (respecting other athletes, coaches, team trainers and officials).

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-term 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 had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when and individual suspects that another individual may have sustained a concussion. (Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition **immediately**, and I will tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

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

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience **any** symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with my school and any other sport organization with which I have registered. (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover).

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

- I understand my commitment to supporting the return-to-sport process and I will follow my sport organization's Return-to-Sport Protocol.
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

By signing here, I acknowledge that I have fully reviewed and commit to this *Concussion Code of Conduct*.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

PART B – Ontario Coaches and Trainers

The following section of the *Concussion Code of Conduct* must be signed by all Ontario coaches and team trainers who interact with Participants under the age of 26 years old.

I can help prevent concussions through my:

- Efforts to ensure that my athletes wear the proper equipment and wear it correctly.
- Efforts to help my athletes develop their skills and strength so they can participate to the best of their abilities.
- Respect for the rules of my sport or activity and my efforts to ensure that my athletes do too.
- Commitment to fair play and respect for all (respecting other coaches, team trainers, officials and all participants and ensuring my athletes respect others and play fair).

I will care for the health and safety of all participants by taking concussions seriously. I understand that:

- A concussion is a brain injury that can have both short-term and long-term effects.
- A blow to the head, face, or neck, or a blow to the body may cause the brain to move around inside the skull and result in a concussion.
- A person doesn't need to lose consciousness to have had a concussion.
- An athlete with a suspected concussion should stop participating in training, practice or competition **immediately**.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.
- Continuing to participate in further training, practice or competition with a suspected concussion increases a person's risk of more severe, longer lasting symptoms, and increases their risk of other injuries or even death.

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

- 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.
- *For coaches only:* 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 that athletes with a diagnosed concussion 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 athletes.

By signing here, I acknowledge that I have fully reviewed and commit to this *Concussion Code of Conduct*.

Name and role (print)

Signature

Date