canlead to symptoms

such asheadache, dizziness, difficulty in concentrating or remembering, emoti**onal**ehavioural concerns issues related to sleep etc. A concussion may be caused either by a direct blow to the head, face, neck, or body that causes the brain to move rapidly hint the skull.

Due to the seriousness of a concussion, school staff, students, parents/guardianethems/have important roles to play impreventing identifying monitoring and managing oncussion.

As aparent/guardian of a student under the age 18 who isparticipating in interschool sports, I am committed to:

- / Á]oo (}oo}Á š Z Z}}o } OE [• u(pp)bfEit b%, **d**en \hat{q} on \hat{g} tion \hat{g} respect fo \hat{A} \hat{a} lbo students, coaches, officials, and spectators.
- x I will encourage my child to demonstrate respect for teammates, opponents, officials, and spectators and to follow the rules of the sport and practice fair play.
- x I will not pressure my child to participate in practices or games/competitions if they are injured.

Teaching/learning the rules of a physical activity, including the strict enforcement of consequences for prohibited play that is considered highisk for causing concussions:

- prohibited play that is considered highisk for causing concussions:
 x / Á]oo v }μ Œ P u Ç Z]o š} o Œ v v (}oo}Á š Z Œ μο }(š Z •‰}Œ š
- x / Á]oo μ % % } CE š š Z } Z[• v(} CE u v š }(} v ψ v μ CE] v P % CE š prohibited play.
- x I will respect the decisions of officials and the consequences for my child for any prohibited play.

Implementing the skills and strategies of an activity in a proper progression:

about prohibited play

- $x / A]oo v \mu CE P u C Z]o š } (} o ioon) s Aabšo Zt the Eproper p Ztot gressions of Eskills and strategies of the sport.$
- x I will encourage my child to ask questions and seek clarity regarding skills and strategies of which they are unsure.

Providing opportunities to discuss potential issues related toncussions:

- x I will encourage my child to participate in discussions/conversations related to concussions, including signs and symptoms, with the coach or caring adult.
- x I will encourage my child to talk to their coach/caring adult if they have any con**æbous** a suspected or diagnosed concussion or about their safety in general.