

CONCUSSION CODE OF CONDUCT STUDENTS PARTICIPATING IN INTERSCHOOL SPORTS

A concussion is a brain injury that causes changes in the way the brain functions that can lead to symptoms such as headache, dizziness, difficulty in concentrating or remembering, emotional or behavioural 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 within the skull.

Due to the seriousness of a concussion, school staff, students, parents/guardians, and others have important roles to play in preventing, identifying, monitoring, and managing concussions.

As a student participating in interschool sports, I am committed to:

Maintaining a safe learning environment

- x I will bring any potential issues related to the safety of equipment and facilities to the attention of the coach.
- x I will wear the protective equipment for my sport and use it properly.

Fair play and respect for all

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