



**Mississauga  
2022**

Ontario  
Parasport Games  
Jeux Parasport  
de l'Ontario

[sauga2022games.ca](http://sauga2022games.ca)

## Concussion Code of Conduct Consent for Participants

### 2022 Ontario Games hosted by the City of Mississauga Mandate:

The City of Mississauga is committed to ensuring the safety of all individuals who participate in the 2022 Ontario Games. Ontario Regulation 161/19 of Rowan's Law (Concussion Safety), 2018,

S.O. 2018, c. 1 (the "Act"), requires all sport organizations as defined in the Regulation, which includes the City of Mississauga, to have a Concussion Code of Conduct. The Act requires athletes, parents or guardians, coaches, team trainers, and officials to confirm on an annual basis that they have reviewed the Concussion Code of Conduct, as set out below.

### I will help prevent concussions by:

- Wearing the proper equipment for my sport program and wearing it correctly.
- Developing my skills so that I can participate safely and to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all (respecting other participants, program instructors, or officials).

### I will care for my health and safety by taking concussions seriously. I understand that:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to the 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 an individual suspects that another individual may have sustained a concussion (meaning: If I think I might have a concussion I should stop participating in my program or competition **immediately**, or tell an adult if I think another participant has a concussion).



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- Continuing to participate in my program or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries or even death.
- I will not hide concussion symptoms. I will speak up for myself and others.
- I will not hide my symptoms. I will tell a parent or guardian, coach, team trainer, official and athlete medical volunteer or another adult I trust if I experience any symptoms of concussion.
- If another participant tells me they have concussion symptoms, or if I see signs they might have a concussion, I will tell a parent or guardian, coach, team trainer, official and/or athlete medical volunteer or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport or activity and that I will not be able to return to physical activity, program or competition until I undergo a medical assessment by the Chief Medical Officer (CMO), a medical doctor or nurse practitioner and have been medically cleared (by providing a medical note) to return to physical activity, program, 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 am registered (meaning: If I am diagnosed with a concussion, I understand that letting all of my coaches, team trainers, officials 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 to my health.**

- I understand my commitment to supporting the 2022 Ontario Games Removal-From-Sport & Return-To-Sport Protocols.
- I understand I will have to be medically cleared by a medical doctor, nurse practitioner or the CMO (and be provided with a medical note) before returning to participate in my sport or competition.
- I will respect my parent or guardian, coach, team trainer, official and athlete medical, regarding my health and safety.



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