THPFC Concussion Code of Conduct

Toronto High Park FC is committed to providing a safe, responsible, and supportive environment for all players, coaches, team officials, and families. Concussions are serious brain injuries that must be recognized, reported, and managed with care.

This Concussion Code of Conduct outlines the shared responsibilities of all participants to help prevent concussions, respond appropriately when a concussion is suspected, and support a safe return-to-sport process in alignment with Ontario Soccer, Canada Soccer, and Rowan's Law requirements.

This Concussion Code of Conduct applies to all THPFC parents/guardians, coaches, team officials, staff, volunteers, match officials, and anyone involved in THPFC-sanctioned activities. All participants share a responsibility to take concussions seriously, report concerns immediately, support removal from play when required, and follow the proper medical clearance and return-to-sport process.

I will help prevent concussions by:

- Ensuring that my athletes wear the proper equipment and wear it correctly.
- Helping my athletes to develop their skills and strength so that they can participate to the best of their ability.
- Respecting the rules of my sport or activity and ensuring that my athletes respect the rules as well.
- My commitment to fair play and respect for all (respecting other coaches, team trainers and officials) and ensuring that my athletes commit to fair play as well.

I will care for health and safety of my athletes by taking concussions seriously, and 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.
- Athletes don't need to lose consciousness to have had a concussion.

- I have a commitment to immediately remove athletes with suspected concussion from soccer related activities
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion; 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 possible concussion increases athletes' risk of more severe, longer lasting symptoms, and increases athletes' risk of other injuries.

I will ensure that athletes feel safe to speak up for themselves and other athletes:

- Encourage athletes to share their concerns regarding health-related issues. Make sure that athletes understand that they can tell me, other team officials and their parents about their experience and symptoms of concussion.
- Understand that if an athlete has a suspected concussion, she/he will be removed from sport and that she/he will not be able to return to training, practice or competition until she/he undergo a medical assessment by a medical doctor or nurse practitioner and has been medically cleared to return to training, practice or competition.
- Commit to providing opportunities before and after each training, practice and competition to enable athletes to discuss concerns related to concussions.

I will support athletes to take the time they need to recover, because it is important for their health.

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