

# Thorold Soccer Club – Concussion Code of Conduct

## Purpose

This Code sets out the responsibilities of all participants to prevent, recognize, and respond to concussions. It supports a safe environment and follows Rowan's Law.

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## 1. Education and Awareness

All participants must:

- Review the Ontario Concussion Awareness Resources annually:
    - Ages 10 and under: [PDF](#)
    - Ages 11–14: [PDF](#)
    - Ages 15 and up: [PDF](#)
  - Understand what a concussion is, how it occurs, and the signs and symptoms.
  - Know proper procedures for removal from play and safe return-to-sport.
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## 2. Reporting and Communication

- Players must report suspected concussions immediately.
  - Parents/guardians must communicate any known concussion or symptoms.
  - Coaches and match officials must act immediately if a player is suspected of having a concussion.
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## 3. Removal From Play

- Players suspected of a concussion must be removed immediately.
  - Players cannot return the same day.
  - Coaches and match officials will follow “when in doubt, sit them out.”
  - No participant may pressure a player to continue playing.
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## 4. Medical Assessment & Return-to-Sport

- Players suspected of concussion must be assessed by a medical professional.
  - Players cannot return until medically cleared.
  - Return-to-sport follows a gradual stepwise protocol, starting with rest and progressing to full play once symptoms resolve.
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## 5. Role-Specific Responsibilities

Players (See Player and Parents Code of Conduct)

- Report all symptoms honestly.
- Avoid hiding injuries.
- Follow medical guidance before returning.

Parents/Guardians (See Player and Parents Code of Conduct)

- Ensure the child follows the return-to-sport protocol.
- Communicate medical information.
- Encourage honest reporting and safe play.

Coaches (See Coach and Trainer Code of Conduct)

- Review Ontario Concussion Awareness Resources annually.
- Remove players with suspected concussions immediately.
- Communicate with parents/guardians and enforce return-to-sport protocol.

Match Officials

- Recognize signs of concussion during play.
  - Stop play and remove players safely if a concussion is suspected.
  - Inform coaches or parents/guardians of suspected injuries.
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## 6. Zero Tolerance

- No one may encourage a player to play while injured or symptomatic.
  - The club enforces all concussion safety rules strictly.
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## 7. Annual Acknowledgement

All participants—including players, parents/guardians, coaches, and match officials—must confirm each year that they have reviewed:

- The Ontario Concussion Awareness Resources
- This Concussion Code of Conduct

Acknowledgement is required before participation.