



Concussion Code of Conduct for Aikidoists, Parents/Guardians and Children Aikidoists under 18 years of age

I will help prevent concussion by:

- Listening to the instructions given by my instructor and seniors
- Developing my skills so that I can participate to the best of my ability
- Practicing safe ukemi (Falling)
- Respecting the rules of the dojo
- Practicing responsibility and with respect for all

I will care for my health and safety 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 my 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 a concussion
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to the instructor when and individual suspects that another individual may have a sustained a concussion (Meaning if I think I might have a concussion I should stop training immediately, or tell the instructor if I believe another Aikidoist possibly has a concussion)
- Continuing to participate in training with a possible concussion increases my risk of more severe, longer lasting symptoms, and increase my risk of other severe injuries

I will not hide concussion symptoms, I will speak up for myself and others

- I will not hide my symptoms. I will tell my instructor, parent or another adult I trust if I experience any symptoms of a concussion.



- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell my instructor, parent, or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from class and I will not be able to return to training until I undergo an assessment by a medical doctor and have been medically cleared to return to training
- I have a commitment to share any pertinent information regarding incidents of removal from training from my school or any other sports in which I participate due to a suspected concussion (If I am removed from a sport other than Aikido due to a suspected concussion by letting all of my instructors/coaches in the other sports in which I participate know of my injury it will aid them in supporting me while I recover)

I will take the time I need to recover, because it is important for my health

- I understand I will have to be cleared by a medical doctor before returning to Aikido
- I will respect my instructor, parents and health care professionals regarding my health and safety

As a parent/guardian of a child in Aikido I will take time to read the Rowan's Law Concussion Awareness Resources found at:

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>