

PARENT'S CONCUSSION SAFETY PLEDGE:

CREATING A CULTURE OF SAFETY



SMARTTEAMS

SMART TEAMS · PLAY SAFE

Please read each statement carefully and place your initials in the spaces provided. By initialing each statement and signing at the end you are signifying your commitment to creating a culture of concussion safety for your team. You are encouraged to keep a copy of this pledge handy and refer to it regularly throughout the season.

I understand that a concussion is an injury to an athlete's brain which must always be taken seriously.

I have completed the online concussion knowledge and attitude challenges on the Smart-Teams concussion website.

I have taken one or more of the online concussion training courses recommended on the Smart-Teams concussion website.

I recognize the signs and symptoms of concussion.

I have attended a meeting at which the importance of immediate reporting by athletes of concussion symptoms in achieving individual and team performance and safety goals was strongly emphasized.

I have warned my child that continuing to play with concussion symptoms puts him/her at increased risk of a more serious brain injury or an injury to other parts of their body.

I know that an athlete playing with a concussion isn't able to perform at their best.

In the hours and days after my child suffers a hard hit to the head, I will watch for signs of concussion or serious brain injury requiring immediate hospitalization. In the event they exhibit signs of concussion or report experiencing concussion symptoms, I will ensure they are examined as soon as possible by a doctor.

I have emphasized to my child that athletes who continue to play with concussion take five (5) days longer to be cleared to return to contact practices and twice as likely to need eight (8) or more days to be cleared for return to contact practices than those who are immediately removed from play after experiencing concussion symptoms.

I will encourage my child to honestly report experiencing concussion symptoms, and will not criticize, punish, or withhold affection in the event of such self-reporting.

A vertical column of ten light gray rectangular boxes, intended for parents to place their initials next to each statement.

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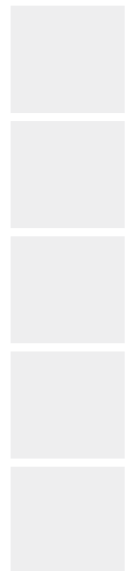
I will not pressure my child to continue playing with possible concussion or to return to contact before their symptoms have cleared, both at rest and with exercise.

I will not question the decisions regarding diagnosis or management of concussions made by health care professionals, including decisions regarding return to play.

The health and safety of my child and their teammates, not winning, will always be my number one priority.

I will make sure my child understands that they will be letting me, their teammates, other parents, and fans down if they fail to immediately report concussion symptoms.

I understand that my child, other parents, the coaches, and the team's medical staff are also committed to a culture of concussion safety, and are signing pledges like this one.



Signature

Name (Print)

Date