

# ATHLETE'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 a traumatic brain injury which I must always take seriously.

I have taken the online concussion knowledge and attitude challenges on the SmartTeams concussion website.

I have taken one or more of the recommended online concussion education courses.

I recognize the signs and symptoms of concussion.

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

I know that if I continue to play after suffering a concussion I am at increased risk of suffering a more serious brain injury or an injury to another part of my body.

I know that I may hurt my team's chances of winning or performing at its best by continuing to play with concussion.

My health and safety and that of my teammates are more important than winning.

I understand that concussed athletes who fail to immediately report concussion symptoms hurt themselves and their team because they take an average of five (5) days longer to be cleared for return to contact than those who immediately report their injury.

I know that if I continue to play after suffering a concussion I am doubling the chances that I may need eight (8) or more days before being cleared for return to contact than an athlete who immediately report their injury.

I agree to immediately report experiencing concussion symptoms to the coach or medical staff.

Immediately reporting concussion signs or symptoms – either my own or those of my teammates – is the sign of a good teammate.

A vertical column of 12 light gray rectangular boxes, intended for the athlete to place their initials next to each statement.

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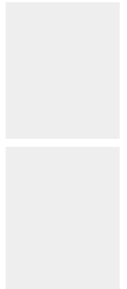


# SMARTTEAMS

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If I suffer a concussion, I will not return to contact practice until I am no longer experiencing concussion symptoms, have returned to a full school day, and have been cleared for contact by a medical professional.

I understand that coaches, parents, medical staff, and my teammates are just as committed to creating a culture of concussion safety as I am, and are signing pledges like this one. If I learn that someone isn't living up to their pledge, I will tell a trusted adult.



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Signature

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Name (Print)

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Date