PART D - PARTICIPANT'S CODE OF BEHAVIOUR

It is mandatory that all coaches take an appropriate amount of time prior to the start of the season to review the H.W.I.A.C. By-Laws, the Hamilton-Wentworth District School Board Drug Policy and to clarify this code of behaviour with their athletes.

- 1. It is a privilege not a right to play for an interscholastic team. While there are many advantages, there are also a certain number of responsibilities.
- 2. It is your duty to promote good sportsmanship between your own teammates, and to appreciate what your opponents do well
- 3. Please educate your friends and family as to how to view a contest. Tell them to cheer for you not malign the other team or the officials.
- 4. Officials and coaches must be treated with the highest degree of respect. Sport is best when everyone understands that right or wrong the word of the official is final. You must remember that often the community forms an opinion of your school based on your actions. You represent your school on the playing field and in the community.
- 5. Set a good example for your teammates. Encourage team members to act in a way that will enhance the morale of the team. The team must be free from:
 - (a) foul language;
 - (b) physical and verbal abuse of players;
 - (c) comments relating to ethnic or religious origin;
 - (d) negative comments of any kind directed towards teammates or your opponent.
- 6. You are a member of a team. Concern yourself with what is going on in the game. Do not concern yourself with the activities of the spectators. Appreciate the spectator support and cheering, but do not interact with them during the game.
- Being a team member requires a commitment to your teammates, your coach and your school. You are expected to fulfil this commitment throughout the entire season.
- 8. A player must be in school the day of the contest in order to be eligible to participate that day.
- 9. A player must agree to be tobacco/non-prescription drug/alcohol free within the team environment.
- 10. It is mandatory that prior to the playing season every athlete completes a statement of intent (co-signed by the Coach) which indicates an understanding of Hamilton-Wentworth District School Board Policy, Philosophy, Rules/Regulations and Ethics. This statement will be filed together with the team eligibility list in the Principal's office.

In the event my actions violate this code of behaviour or the rules of the game, I understand I am subject to disciplinary action specified in the rules of the game and possibly supplemental discipline specified in the constitution of the Hamilton-Wentworth Interscholastic Council. Such supplemental discipline may include, but is not limited to, possible suspension from a subsequent game(s) or suspension and even prohibition from participation in all athletic activities governed by the Council.

STATEMENT OF INTENT

se signatures confirm an understanding of Hamilton-We Code of Behaviour. In addition, they indicate a commitr	strict School Board Policy, Philosophy, Rules/Regulations ach individual, to meet Board expectation.	
Student		Parent/Guardian
_		
Principal		Phys Ed Head



STUDENT ATHLETE INFORMATION PACKAGE

- It is essential that all information requested in the package is completed fully and accurately and returned to the school **prior to** participation in any of the activities listed below.
- If there is any uncertainty around the information that has been requested or if further details on the risks associated with the activities listed below is required, please contact the school.
- The information contained in this form is valid for 4 months from the date indicated in the Acknowledgment section below.
- It is the responsibility of the student and/or parent/guardian to inform the school of any changes to the health of the student

PART A – INFORMED CONSENT	Chudant Nama	
I /We hereby acknowledge participation by In the following activity or activities organized by letic Council:	Student Name the Hamilton-Wentworth District Sch	ool Board/Hamilton-Wentworth Interscholastic Ath-
Activity	Activity	Activity
•		acluding the possibility of permanent disability.
Injuries may result from the actions of the ind	lividual, the actions or in-actions o	of others, or a combination of both.
curring can be reduced by abiding by these rules	and regulations, by carefully following able for safe participation in this active	ion of participants. The chance of an accident oc- ng instructions at all times while engaging in the ity. By choosing to participate, I acknowledge an
All activities include rules and regulations that es activity and the H.W.I.A.C. Player's Code of Beharules and regulations, I understand I am subject to subsequent game(s) or suspension and even pro-	aviour as outlined on the back page of to disciplinary action by the H.W.I.A.	of this document. Should my actions violate these C. that could include possible suspension from a
I understand that throughout the year, in effort to team pictures may be included on District School participate in the activity, I am giving permission	Board web sites or in District Schoo	l Board publications. By choosing to
The Hamilton-Wentworth District School Board d expense insurance on behalf of the student participurchased annually.	•	•
ACKNOWLEDGEMENT:		
I/We have read the above and understand that b associate with doing so.	y participating in the listed student at	hletic activity(s) I/we are assuming the risks
I/We acknowledge receipt of information containi	ng details (Information to Parent / Gu	uardian or school letter form) of this/these trip(s).
Participant Signature		Date
Parent / Guardian Signature		Date

HWDSB 2709 (09-2013)

PART B - CONCUSSIONS FACT SHEET FOR ATHLETES AND PARENTS

WHAT IS A CONCUSSION?

Concussions are brain injuries caused by excessive, rapid movement of the brain inside the skull. This movement causes damage that changes how brain cells function, leading to symptoms that can be physical (headaches, dizziness), cognitive (problems remembering or concentrating), or emotional (feeling depressed). A concussion can result from a blow to the head or body in any number of activities including receiving a check in hockey, being in a motor vehicle collision or slipping on an icy sidewalk. It is important for the safety of the individual who is experiencing any signs / symptoms of concussion to be removed from all activity, seek medical attention and inform the school / coach of their condition.

SIGNS AND SYMPTOMS OF A CONCUSSION YOUR CHILD MAY EXPERIENCE

Observed by the Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

Observed by the Parent / Guardian, Coach or Teammate

- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behaviour or personality changes
- Can't recall events after hit or fall
- Carreredan events after filt of
- Appears dazed or stunned

WHAT TO DO IF SIGNS / SYMPTOMS OF A CONCUSSION ARE PRESENT

<u>Athlete</u>

- TELL YOUR COACH IMMEDIATELY
- Inform parents
- Seek medical attention
- Give your self time to recover

- <u>Parent / Guardian</u>
- Seek medical attention Keep your child out of play
- Reep your crillo out or play
- Follow return to play guidelines
 Address academic needs

WHERE CAN I FIND MORE INFORMATION?

- ThinkFirst Canada website: www.thinkfirst.ca
- Ontario Physical and Health Education Association Safety Guidelines: http://safety.ophea.net

RETURN TO PLAY

- Do not attempt to return to play until receiving medical clearance
- Request a "Return to Play Form" from school
- Follow the return to play protocol and carefully monitor the health of the athlete

ACKNOWLEDGEMENT

By signing below, I acknowledge that I have reviewed this Concussion Fact Sheet for Athletes and Parents. I also acknowledge and understand the risk of brain injuries associated with participation in school athletics activities. I understand it is essential for the safety of the student that any injury incurred in school or community activities that results in the student experiencing signs or symptoms of a concussion must be reported to the school or coach as soon as possible.

Athlete Signature	Print Name	Date
Parent / Guardian Signature	Print Name	Date

PART C - EMERGENCY / HEALTH INFORMATION

This information is collected under the Municipal Freedom of Information and Protection of Privacy Act.

Juent 3 Name.		•	
	Date of Birth		
MERGENCY TELEPHONE NU	IMBERS:		
	UWIDENS.		
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