

Concussion Code of Conduct for

RACING COMPETITORS & PARENTS/GUARDIANS

This is a Concussion Code of Conduct for competitors and parents/guardians.
Items marked with an asterisk are mandatory.

I will help prevent concussions by:

- Wearing the proper clothing and equipment and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the Series Rules & Regulations.
- My commitment to fair play and respect for all (respecting other competitors, coaches, teams and officials).*

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 had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when an individual suspects that another individual may have sustained a concussion.* *(Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition **immediately**, or tell an official if I think another competitor has a concussion.)*
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

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

- I will not hide my symptoms. I will tell an official, a crew member or any other person if I experience **any** symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell an official, a crew member or any other person so they can help.
- I understand that if I have a suspected concussion, I will be removed from racing and that I will not be able to return to competition until I undergo a medical assessment and have been medically cleared to return to racing.
- I have a commitment to sharing any pertinent information regarding incidents of removal from racing with series officials or sanctioning body.* *(Meaning: If I am diagnosed with a concussion, I understand that letting other people know about my injury will help them support me while I recover.)*



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

- I understand my commitment to supporting the return-to-racing process.*
(I will have to follow RACE Events' Return-to-Racing Protocol.)
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to competition.

By signing here, I acknowledge that I have fully reviewed and commit to this Concussion Code of Conduct.	
Competitor:	
Parent/Guardian: <i>(of competitors who are under 18 years of age)</i>	
Date:	

