

Take

BRAIN INJURY

Out of
Play!



CHARTER for Sports Coaches & Leaders

This charter is intended to support a decrease in brain injuries like concussion in sports players. Signing this charter is a visible commitment by coaches and leaders in sports organizations to put player safety first and to improve their own knowledge about brain injury prevention and to share that information within the sports community.

1. I subscribe to the principle that the health and safety of sports players is of paramount importance.
2. I will provide leadership to minimize player injuries, especially brain injuries like concussion.
3. I will foster an environment that enables all players to participate in a safe and respectful way to protect themselves and their fellow players from injury, especially brain injuries like concussion.
4. I will continuously improve my knowledge of sports injury prevention, particularly regarding brain injuries like concussion; to learn the signs and symptoms of concussion and to follow the return to play guidelines for my sport. Links to concussion information and Return to Play guidelines can be found at: <http://www.sbia.ca/sports.aspx>
5. I commit to have my players checked out by a medical professional before allowing them to return to play after they experience a blow or fall that could result in a brain injury like a concussion.

Name: _____ Position: _____

Organization: _____

Date: _____

Signature: _____



Saskatchewan
Brain Injury
Association

Don't Risk Your Future! Protect Your Brain!

Phone:
1-888-373-1555

Email:
info_sbia@sasktel.net

Website:
www.sbia.ca

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PLEDGE FORM for Players

I want to take brain injury out of my play.

I will play safely and respect my friends, team mates and opponents when I play.

I will check it out, rather than hide it or tough it out when I take a blow or fall.

I will protect my brain with the right head gear, used the right way when I...

play hockey

play football

ride a bike

ride an atv

ride a snowmobile

ski or snowboard

use skateboards, inline skates, scooters

other

RESPECT THE UNEXPECTED!

Studies show that when the right headgear is worn properly, brain injuries can be reduced by up to 88 per cent.

Name:

Date:



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