

BCFC PLAYER AGREEMENT

CONCUSSION:

The BCFC has partnered with a concussion monitoring program called 'HeadCheck' (<https://www.headcheckhealth.com/>) who's purpose is to document a baseline for each player at the beginning of the season. The baseline testing ensures the player is concussion free prior to start of the season. If the player sustains a concussion or is suspected of a concussion at practice and/or game the player's injury is entered into HeadCheck by the team's Athletic Therapist (AT). The player is then moved to the Return to Play protocol. The player's playing status will show as "Ineligible". The team AT is expected to perform periodic concussion testing protocol and enter the results. The player is ineligible for practice/game until he is cleared from the Return to Play protocol. A doctor or qualified person must clear the player, results noted in the system by the AT, and then the player is removed from the Return to Play protocol. The player's playing status will then show as "Eligible" in HeadCheck.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, ***all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.*** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If the athlete or team member reports any symptoms of concussion, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|---|---|
| <ul style="list-style-type: none"> Headaches "Pressure in head" Nausea or vomiting Neck pain Balance problems or dizziness Blurred, double or fuzzy vision Sensitivity to light or noise Feeling sluggish or slowed down Feeling foggy or groggy Drowsiness Change in sleep patterns | <ul style="list-style-type: none"> Amnesia "Don't feel right" Fatigue or low energy Sadness Nervousness or anxiety Irritability More emotional Confusion Concentration or memory problems (forgetting game plays) Repeating the same question/comment |
|---|---|

Signs observed by teammates, parents and coaches include:

- | | |
|---|--|
| <ul style="list-style-type: none"> Appears Dazed Vacant Facial Expression Confused about assignment Forgets plays Is unsure of game, score, or opponent Moves clumsily or displays lack of coordination Answers questions slowly | <ul style="list-style-type: none"> Slurred speech Shows behaviour or personality changes Can't recall events prior to hit Can't recall events after hit Seizures or convulsions Any changes in typical behaviour or personality Loses consciousness |
|---|--|



SOCIAL MEDIA

The British Columbia Football Conference (BCFC) encourages the appropriate use of social media by all persons bound by these guidelines to engage with fans, promote the sport of football, individual athletes and communicate with the general public and media. BCFC acknowledges social media is a broad and instant form of communication and treats all social media content, whether written, photographic, video, or audio, as public comment which is accessible to all. The BCFC Social Media Policy is available at <https://www.bcfootballconference.com/rules>

DIVERSITY & INCLUSION

The BCFC, under the leadership of Football Canada, is dedicated to encouraging a supportive and inclusive culture amongst all persons with equal opportunity to participate in the sport of football for its athletes, coaches, officials, volunteers and staff. The BCFC is an inclusive league that provides equal access and opportunity to all participants regardless of gender, race, religion, nationality or ability. We will continue to strive to promote diversity and eliminate discrimination in the game and associated workplaces. Our aim is for our organization be represented by all sections of society.

Specifically, the BCFC does not condone language of any kind related to race or sexual orientation, both written or verbal, that is either intended to harm, hurt, or demean any person OR is meant to acknowledge or greet another person regardless if that greeting was in comradeship or friendship. The Conference, in partnership with game officials (BCFOA), will ensure that should violations occur, the matter will be reviewed by the BCFC Rules & Discipline committee for possible disciplinary action.

The Football Canada Diversity and Inclusion Policy is available at <https://footballcanada.com/safe-sport/>

By signing below, the signees acknowledge they have read the policies noted above and agree to abide by all the guidelines set out by the BCFC Player Agreement.

Athlete Name Printed

Athlete Signature

Date

Parent or Legal Guardian Printed
(if player is 18 yrs or under)

Parent or Legal Guardian Signature

Date