



SPORT VALUES

Teammate Tips

ACCOUNTABILITY



Use the Buddy System to hold each other accountable for showing up on time, being a team player, & being responsible for your actions.

MENTAL & PHYSICAL HEALTH

Check in with yourself. Self reflection, meditation, and self care strategies will help reset your mind and body. When you can recognize what's going on, you can also recognize your needs as a player and others around you.

COMMUNICATION



Make an attempt to converse with everyone on the team. This allows for a reciprocal foundation of trust and openness when everyone's voice is heard.

SUPPORT

Focus on ensuring all members of the team are supported in the same way you would liked to be. For example, encourage safe continued participation in team activities.



INCLUSION



Use 'modelling' as a way to set an example to all players the importance of having everyone buy into the teams' journey.





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THE BUDDY SYSTEM

- Important when in a time of need.
- Work on continued communication on all matters so athletes can feel heard, supported, included, and held accountable.
- Develop a code word with your buddy so you can break down the communication barriers when you need to talk.



RESOURCES

- **Education:** <https://cattonline.com/>
- **Policy:** <https://www.ontario.ca/page/rowans-law-concussion-safety>
- **Mental Health:** <https://cmhahkpr.ca/>
- **Recovery & Support:** <https://www.headsupcan.ca/sharing-experiences-with-concussion/tbi>
- **Concussion Protocol:** <https://www.parachute.ca/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/>