



Durham Catholic District School Board

Active and Safe Pledge Form

School Team Name: _____

By signing this paper, as a team and as individuals we pledge:

- To work towards a safer and better sport.
- To be honest with myself and my teammates with regards to signs and symptoms.
- To give 100% commitment to myself, my team and my sport.
- To report any suspected incidence of brain injury or concussion.
- To follow the proper action steps in the incidence of suspected injury.
- To follow the six steps of the Return-to-Play Guidelines.
- To commit myself to True Sport, ensuring sport can have a positive impact on all.

Student/Athlete signature _____

Date _____