An Active & Safe Program Resource

*Putting concussion prevention and management tools in the hands of the participants*

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**Active & Safe Ethical Decision-Making Game**

The Active & Safe Ethical Decision-Making Game is a fun activity that gets kids thinking and working together by reaching consensus about real-life ethical scenarios.

Download related resources at [www.cces.ca/activeandsafe](http://www.cces.ca/activeandsafe).
Introduction

The Active & Safe Ethical Decision-Making Game is a fun activity that gets kids thinking and working together. The object of the activity is for teams to make their way from START to FINISH as quickly as they can. Along the way, they must discuss and reach consensus about real-life ethical scenarios.

The Active & Safe Ethical Decision-Making Game is an adapted version of the True Sport Ethical Decision-Making Game. This version is designed to encourage children and youth to think about issues and events specific to concussion awareness, prevention and management. It’s fun, adaptable and gets everyone thinking about concussion safety!

Everything you need to get started is right here!

Outline and Setup

<table>
<thead>
<tr>
<th>Size of group:</th>
<th>Maximum 8-12 players at one time (2 groups of 4-6 players)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age:</td>
<td>10-18 (modify for age appropriateness – language, detail)</td>
</tr>
<tr>
<td>Time required:</td>
<td>15-20 minutes (dependant on number of questions)</td>
</tr>
<tr>
<td>Playing area:</td>
<td>Indoor or outdoor space (~30 x 20 ft.)</td>
</tr>
<tr>
<td>Equipment:</td>
<td>Download and print all equipment at <a href="http://www.cces.ca/activeandsafe">www.cces.ca/activeandsafe</a></td>
</tr>
<tr>
<td></td>
<td>Markers (e.g. pylons) and printed signs for START and FINISH</td>
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<tr>
<td></td>
<td>16 flags (with poles): 2 sets numbered 1-8 – use a different colour for each set to distinguish the path for each group</td>
</tr>
<tr>
<td></td>
<td>2 sets of printed questions: Q1- Q5</td>
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<td></td>
<td>2 sets of 4 printed DETOURS</td>
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<tr>
<td>Setup:</td>
<td>Arrange the two sets of eight flags at random in the playing area (~30 x 20 ft.).</td>
</tr>
<tr>
<td></td>
<td>Place a START and FINISH indicator at each end of the playing area.</td>
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<tr>
<td></td>
<td>Place two copies of Q1 at the START position, True Sport logo side up.</td>
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<tr>
<td></td>
<td>Place a copy of Q2 at each Flag 2 positions, True Sport logo side up.</td>
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<tr>
<td></td>
<td>Place a copy of Q3 at each Flag 4 positions, True Sport logo side up.</td>
</tr>
<tr>
<td></td>
<td>Place a copy of Q4 at each Flag 6 positions, True Sport logo side up.</td>
</tr>
<tr>
<td></td>
<td>Place a copy of Q5 at each Flag 8 positions, True Sport logo side up.</td>
</tr>
<tr>
<td></td>
<td>Place a corresponding DETOUR at each Flag 1, 3, 5 and 7 positions, True Sport logo side up.</td>
</tr>
</tbody>
</table>
Although teams are encouraged to race to the finish line, the focus of the game is to encourage participation and increase interest in discussing the topic at hand. The game is a mechanism to engage youth to discuss concussion. The scenarios create points of discussion that can help team officials to provide accurate information, bust myths and promote prevention. The scenarios also serve as references for future activities and events. The prevalence of “winning” the game is not intended.
Ethical Questions & Debriefing Prompts

Once the teams have both reached the finish line, take a few minutes to discuss the questions and the implications of the different decisions that were available to the participants. This module takes a look at each question and provides you with some prompts and points to consider during the discussion. Students will have a variety of perceptions and knowledge regarding the topics so be flexible and allow the conversation to flow based on their responses. Again, the primary focus is to engage the participants in a conversation that will resonate with them, and therefore change their perception while educating them about concussion prevention and management.

Setting the Scene – Your Role as a Team Official

As a team official, you are following a group of young athletes as they navigate their way through a series of events and decisions during and outside of organized sport. In this activity, they are faced with decisions relating to possible concussions. You are able to positively influence the decisions they will make, not only in this activity but in their daily lives, so it is important to understand the issue. Appendix A provides you with basic information about concussion to help guide the discussion and to ensure that you provide them with timely and accurate information.

Think about your athletes. Can you answer the following questions about them or your team as a whole?

- What are their values and how important are these values to the team dynamic?
- What are their priorities?
- Who can they rely on and who can rely on them?
- What does commitment to the team mean?

If not, now is a good time to answer them using the scenarios as your guide. As with any ethical scenario, the individual needs to make a choice but it is not always easy to make the right decision. Ultimately, helping to guide them in making good decisions will shape who they become as individuals, as teammates and as citizens.

NOTE: You can create your own questions and scenarios that align with your event, activity or group or use the ethical scenarios in a classroom environment to stimulate discussion about any issue.

Visit www.cces.ca/activeandsafe to access additional question cards.
Question 1:

Jack is the top scorer on his lacrosse team. They are playing a big, physical team that is currently winning the game by a score of 3-1. At the start of the 3rd period, one of the players hits Jack from behind and he goes into the boards head first. He is feeling dizzy and “seeing stars” after the hit. When he is helped back to the bench, the coach asks Jack if he’s ok to keep playing. Jack wants to help his team win, as this game could help them get to the playoffs later in the season.

Should Jack push on and finish the game even though he’s not feeling right?

Discussion Points:

- Short term reward vs. long term risk?
- Opportunity cost of winning
- Share concussion signs and symptoms
- Second Impact Syndrome

Question 2:

Genevieve is playing with some friends at school when she slips on the ice and hits her head. She feels a little funny at first, but it quickly passes. Later that week, Genevieve has a basketball game. As she’s running around during warm up she gets a headache. Genevieve doesn’t understand why this headache has come out of nowhere, but continues playing.

Should Genevieve tell her coach or trainer about her headache?

Discussion Points:

- Being honest with yourself
- Understanding the injury
- No symptom is too small
- Symptoms may be delayed
- Remember you don’t even need to hit your head to suffer a concussion – whiplash
- Who can you tell? Who can help you? Parents, coach, trainer, doctors
**Question 3:**

In the final game of last season, Randy was hit in the head and diagnosed with a concussion. The effects lasted for more than 2 months. The new season has begun and Randy’s new head coach gives a speech about what it takes to win. Being a top “Junior C” team, many of the players are hoping to earn a scholarship, to play Major Junior, or even pro hockey one day. The coach tells them that they should be willing to ‘sacrifice their bodies’ for the team, and that they’ll have to play with ‘bumps and bruises’. The next day, during the first game of the season, a teammate is checked hard against the boards. He is slow getting up and looks dazed as he makes his way to the bench. Randy then overhears the coach tell the player that he needs to play through the pain.

Should Randy speak up and tell the coach he’s wrong and that the player needs to step off the ice to be assessed for a concussion?

**Discussion Points:**

- Definition of concussion
- When in doubt, sit them out!!
- The invisible injury – would a broken arm or leg
- be treated differently?
- Respecting yourself and others
- Helping teammates – Giving back
- Meritocracy – do players have a voice?
- If players speak up, will they be heard?

**Question 4:**

Bruce is the coach of the high school varsity ringette team. During a practice, he notices one of his defenders, Rainuka, is staring off and seems to be day dreaming but he doesn’t think much of it. After an hour or so, he realizes that although Rainuka acknowledges his suggestions and direction, she’s not following the drills and plays. The next day, the same thing happens. When Bruce asks Rainuka, she says that she hasn’t been sleeping well but, that it’s “probably nothing”.

Should Bruce tell Rainuka and her parents that she needs to see a doctor?

**Discussion Points:**

- Being honest with yourself – value of our brains
- Importance of parent education
- Symptoms appear differently in each person
- ONE symptom may constitute a concussion
- Trusting your coach
- Acknowledging the threat – if a player is ‘off’, there’s a reason

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**Staying Healthy is important to allow you to Go For It and be the best you can be! Masking injuries, like concussion symptoms is likely to make it worse resulting in longer recovery time. It is in everyone’s best interest to be up front and honest about how you are feeling, especially when dealing with a suspected concussion.**
**Question 5:**

Your friend, Anthony, tells you about a defensive player on his soccer team who got a concussion last week. Anthony doesn’t think his teammate is symptom free, but says that he’ll be playing in this week’s game against your team. You know that he’ll be hesitant to play balls in the air with his head, and when you tell your teammates about the player’s injury, one of them suggests you play more balls in the air towards that player.

Should you use the player’s injury as a way to get more or better chances to score?

**Discussion Points:**

- Playing fair
- Respecting others, including opponents
- Winning at all costs – winning is only true when it is fair
- How would you feel if you deliberately injured someone?
- Second Impact Syndrome
About the Active & Safe Program

The Active & Safe program provides resources to reduce the incidence and severity of concussion, while creating the conditions for active and safer play throughout the Canadian sport system.

The project targets coaches, trainers, educators, health professionals, community leaders, parents and athletes. Our combined efforts will contribute to building capacity, engaging communities and their citizens, as well as educating and training those who deliver sport through activities that focus on concussion prevention and treatment. The partners are:

- Hockey Canada       www.hockeycanada.ca/apps
- Parachute Canada    www.parachute.org/activeandsafe
- Canadian Centre for Ethics in Sport www.cces.ca/activeandsafe
- Coaching Association of Canada www.coach.ca

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