



MAYFAIR CLUBS
L E A R N I N G

ROWAN'S LAW

Concussion Awareness Training
for Participants and Guardians
of Participants under the age
of 18 years.





AGENDA

Learning Objectives

What is Rowan's Law and How Does it Affect You?

Introduction

What is a concussion?

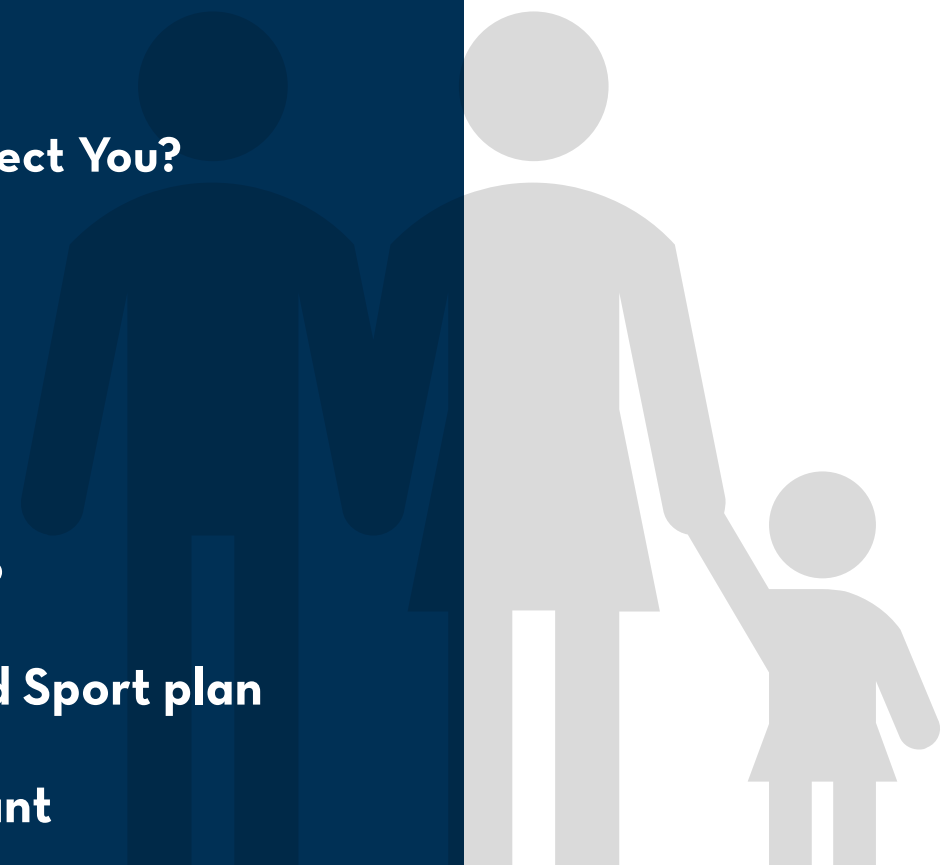
What are the signs of a concussion?

What to do if you suspect a concussion?

Getting Better: Returning to School and Sport plan

Responsibilities of a Parent or Participant

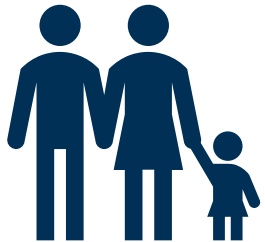
Summary, Disclaimer and Resources



LEARNING OBJECTIVES

After completing this module, you will be able to:

- ✓ Recognize the signs and symptoms of a concussion.
- ✓ Describe the steps to be taken if an athlete is suspected of having a concussion.
- ✓ Identify the components of Removal-from-Sport and Return-to-Sport Protocols.
- ✓ Know what the responsibilities of the participant/parent are.



ROWAN'S LAW

Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed).

Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal. Neither did her parents, teachers or coaches.



Rowan's Law and Rowan's Law Day were established to honour her memory and bring awareness to concussions and concussion safety.

ROWAN'S LAW & YOU



JANUARY 1, 2021

Rowan's Law begins January 1, 2021. Anyone participating in any of Mayfair Clubs sports camps and programs will need to review the Concussion Awareness Training every year.



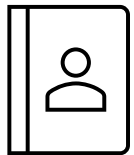
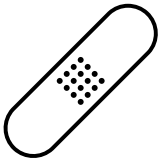
18-26 YEAR OLDS

Participants 18-26-year-olds, must attest to having reviewed the Concussion Awareness Resources every year.



UNDER THE AGE 18

Participants under the age of 18 and their Parents must attest to having reviewed the Concussion Awareness Resources every year.



INTRODUCTION

- Physical activity and exercise are important to healthy living and sports is a great way to get our bodies moving.
- Preventing injuries is necessary to help people stay active throughout their lives.
- Some injuries are easy to see and treat, but brain injuries, such as concussions, are not always obvious.
- This module will teach you about concussions to help keep you and others safe.



WHAT IS A CONCUSSION?

- A concussion is a brain injury caused by a blow to the head, neck, face or body.
- Examples include being hit in the head with a ball or falling hard onto the floor.
- A concussion affects the way a person thinks, feels and acts.
- A concussion can't be seen on X-Rays, CT scans or MRIs.
- Symptoms might show up right away or hours or even days later.
- Just one sign or symptom is enough to suspect a concussion.
- Most people with a concussion do not lose consciousness.

WHAT ARE THE SIGNS OF A CONCUSSION?



- Headache
- Pressure in the head
- Dizziness
- Nausea or vomiting
- Blurred vision
- Sensitivity to light or sound
- Ringing in the ears
- Balance problems
- Tired or low energy
- Drowsiness
- “Don’t feel right”



- Not thinking clearly
- Slower thinking
- Feeling confused
- Problems concentrating
- Problems remembering



- Irritability
- Depression
- Sadness
- Nervous or anxious



- Sleep more or less than usual
- Having a hard time falling asleep

WHAT IS A CONCUSSION?

Treat red flags as an emergency and call 911.

Red Flags include:

Neck or pain tenderness

**Severe or increasing
headache**

Vomiting more than once

Double vision

Seizure or convulsion

**Increasing restless,
agitated or aggressive**

**Weakness or tingling in
arms or legs**

Loss of consciousness

**Getting more and
more confused**

CALL 911

if the person is unconscious, has lost consciousness or had a seizure.



WHAT IS A CONCUSSION?

IF THEY ARE CONSCIOUS:

- Visit an emergency room or a health care practitioner.
- Contact Telehealth Ontario at 1-866-797-0000 to get health advice or information.

Symptoms may appear hours or days after an injury, especially in children and the elderly. If symptoms appear or persist, visit a physician or nurse practitioner.

WHAT SHOULD YOU DO IF YOU SUSPECT A CONCUSSION?

WHAT IS A CONCUSSION?

- Immediately remove yourself or the individual from activity.
- Continuing to participate puts you or the person with a suspected concussion at risk of more severe, longer, lasting symptoms.
- The instructor will call your parent or guardian or emergency contact.
- The instructor will not leave the individual alone. Parents/guardians should also not leave the individual alone.

WHAT SHOULD YOU DO IF YOU SUSPECT A CONCUSSION?



WHAT IS A CONCUSSION?

- Anyone removed from a sport due to a confirmed or suspected concussion, should see a doctor as soon as possible.
- Once removed, person should not return to sports activities until given the go ahead with medical clearance from a doctor.



GETTING BETTER

- Most people with a concussion get better in one to four weeks. Some people take longer.
- Limited activities such as exercising, screen time or schoolwork can help the recovery process.
- Healing from a concussion takes patience. Rushing back to activities can make symptoms worse and recovery longer.
- Anyone who has a concussion should let others know, including parents, all sports teams, coaches, team trainers, and educators.

RETURNING TO SCHOOL & SPORT

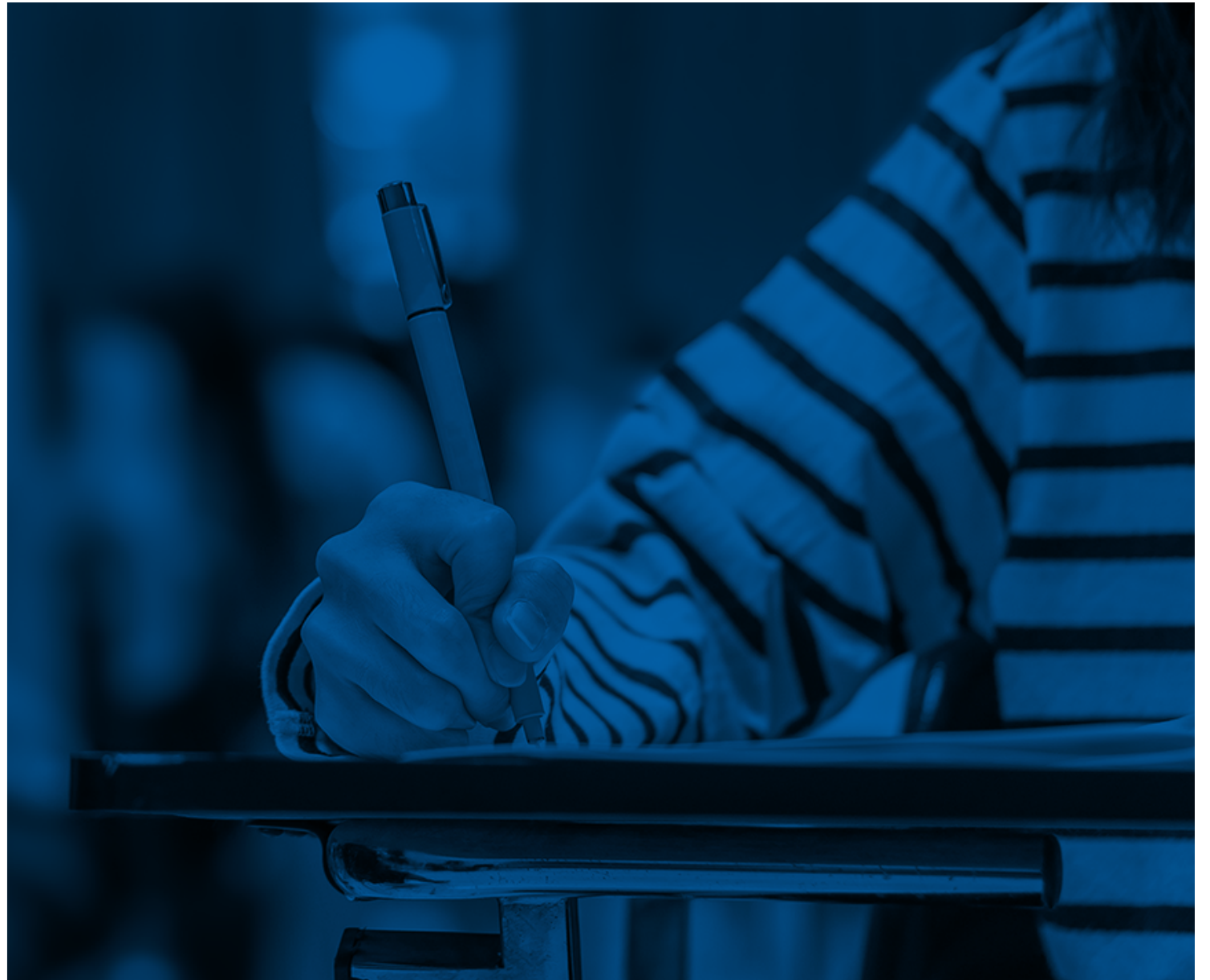


- Returning to school and sport is a gradual process. A person diagnosed with a concussion must follow a Return-to-Sport protocol and/or Return-to-School plan.
- Athletes and students should rest for 24 to 48 hours before starting their gradual return to school plans and/or gradual return to sport protocols.

RETURN TO SCHOOL PLAN

Students in elementary & secondary schools will need to follow their school board's return-to-school plan.

Contact your school for more information.



RETURN TO SPORT PLAN

Athletes will need to follow their sport organization's return-to-sport protocols. Contact the sport organization for more information.



RETURN TO SPORT PLAN

1

Daily activities that don't make symptoms worse such as moving around the home and simple chores.

2

Light aerobic activities that increase the heart rate just a little such as walking or a stationary bike for 10 - 15 minutes.

3

Sport Specific Activities - individual physical activity such as jogging or skating. No contact or head impact activities.

4

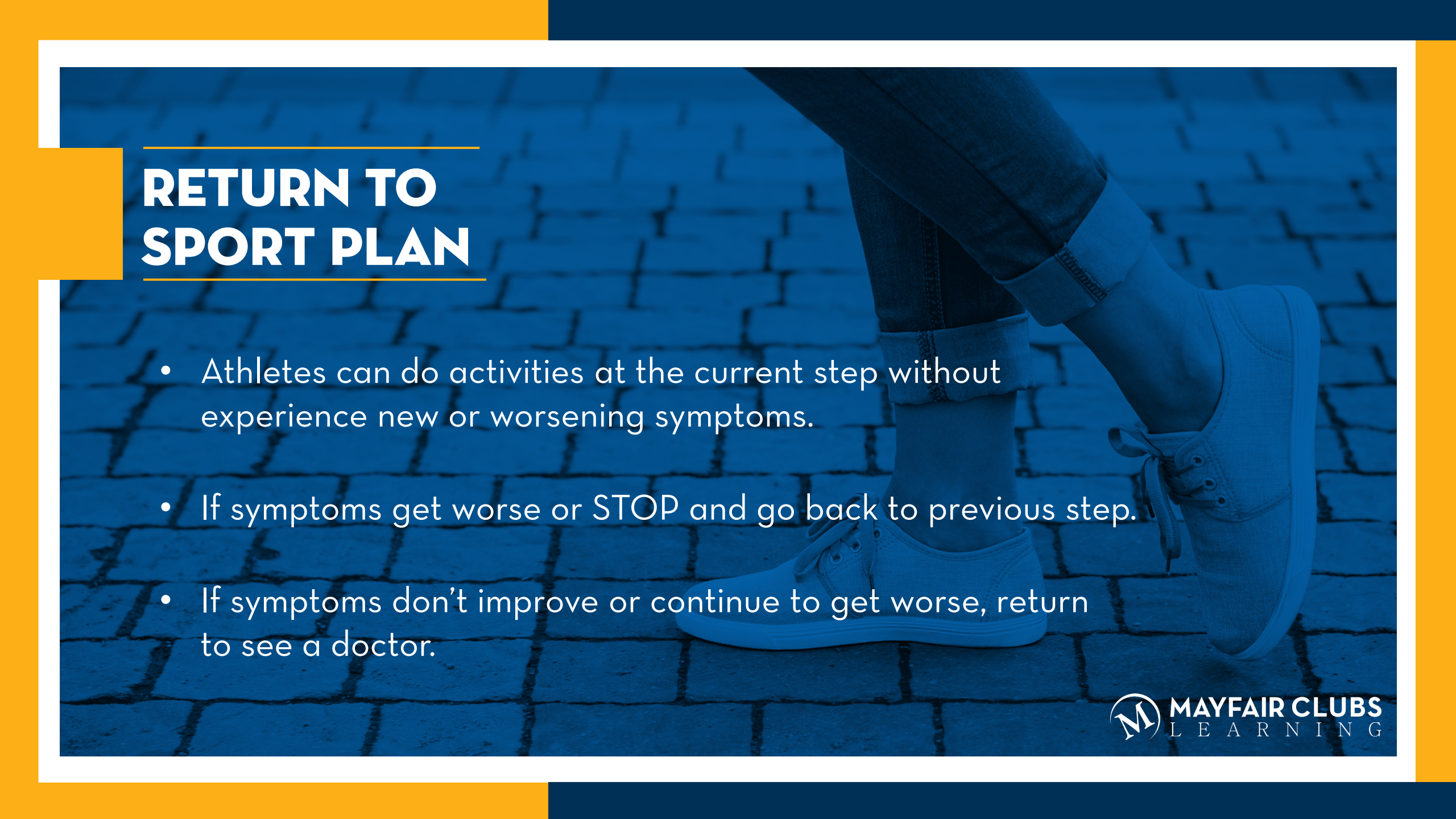
Harder training drills with no contact. Add resistance training if appropriate.

5

Unrestricted practice. Contact allowed where applicable. Medical clearance is required.

6

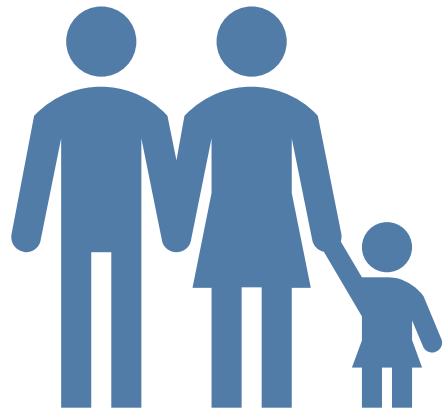
Return to sport, unrestricted training, practice or competition.



RETURN TO SPORT PLAN

- Athletes can do activities at the current step without experience new or worsening symptoms.
- If symptoms get worse or STOP and go back to previous step.
- If symptoms don't improve or continue to get worse, return to see a doctor.

RESPONSIBILITIES OF PARTICIPANT/PARENT

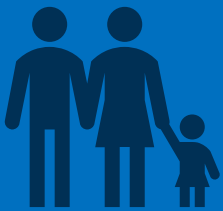


- Participants and Parents must review the Rowan's Law resources every year.
- Participants and Parents must sign a Rowan's Law opt-in disclaimer during all of our Camp and Program registration processes.

RESPONSIBILITIES OF PARTICIPANTS/PARENTS: CODE OF CONDUCT

If you are an athlete under 26 years of age*, parent of an athlete under 18, coach, team trainer or official and your sport organization has advised that you need to follow the rules of Rowan's Law you need to:

- Review any one of Ontario's official Concussion Awareness Resources before registering or serving with your sport organization; and
- Review your sport organization's Concussion Code of Conduct that they will provide to you; and
- Confirm that you have reviewed both of these resources every year with your sport organization(s).



* Exception: A sport organization that is a University, College of Applied Arts and Technology or other Post-Secondary Institution will be advising athletes of any age that they need to follow the rules of Rowan's Law.

RESPONSIBILITIES OF PARTICIPANTS/PARENTS: CODE OF CONDUCT

I WILL HELP PREVENT CONCUSSIONS BY:

- Wearing the proper equipment for my sport and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all* (respecting other athletes, coaches, team trainers and officials).

RESPONSIBILITIES OF PARTICIPANTS/PARENTS: CODE OF CONDUCT

I WILL CARE FOR MY HEALTH AND SAFETY BY TAKING CONCUSSIONS SERIOUSLY, AND I UNDERSTAND THAT:

- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- I don't need to lose consciousness to have had a concussion.
- I have a commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to a designated person when and individual suspects that another individual may have sustained a concussion.* (Meaning: If I think I might have a concussion I should stop participating in further training, practice or competition immediately, or tell an adult if I think another athlete has a concussion).
- Continuing to participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.

RESPONSIBILITIES OF PARTICIPANTS/PARENTS: CODE OF CONDUCT

I WILL NOT HIDE CONCUSSION SYMPTOMS. I WILL SPEAK UP FOR MYSELF AND OTHERS.

- I will not hide my symptoms. I will tell a coach, official, team trainer, parent or another adult I trust if I experience any symptoms of concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, official, team trainer, parent or another adult I trust so they can help.
- I understand that if I have a suspected concussion, I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice or competition.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with the athlete's school and any other sport organization with which the athlete has registered* (Meaning: If I am diagnosed with a concussion, I understand that letting all of my other coaches and teachers know about my injury will help them support me while I recover.)

RESPONSIBILITIES OF PARTICIPANTS/PARENTS: CODE OF CONDUCT

I WILL TAKE THE TIME I NEED TO RECOVER, BECAUSE IT IS IMPORTANT FOR MY HEALTH.

- I understand my commitment to supporting the return-to-sport process* (I will have to follow my sport organization's Return-to-Sport Protocol).
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice or competition.
- I will respect my coaches, team trainers, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

SUMMARY

- **Recognize signs and symptoms of a concussion and remove yourself or the individual from the sports or physical activity. Even if you feel ok or they insist they are ok.**
- **Get yourself checked out by a doctor.**
- **Support a gradual return to school and sport.**

DISCLAIMER

- **This learning module is not intended to provide advice relating to health care.**
- **For advice on health care for concussion symptoms, please consult with a doctor.**

ADDITIONAL RESOURCES

For more information, please visit

[https://www.ontario.ca/page/rowans-law-concussion-safety.](https://www.ontario.ca/page/rowans-law-concussion-safety)