



ROWAN'S LAW

Concussion Must Dos for Clubs

BOARD

- Pass a Concussion Policy. We ask you to adopt the ROWONTARIO Concussion Policy and Concussion Code of Conduct. The policy is required to have all the components of the ROWONTARIO Policy & Procedures.

REGISTRATION

- Before, or during registration, each participant must acknowledge they have read the Ontario Ministry provided Concussion Resources AND that they have read and agreed to the ROWONTARIO Concussion Code of Conduct - Participant. This must happen annually.

COACHES PRE SEASON

- Before being active, all coaches (and trainer/first aid provider) must acknowledge they have read the Ontario Ministry provided Concussion Resources AND that they have read and agreed to the ROWONTARIO Concussion Code of Conduct - Coach. This must happen annually.

REMOVAL

- A coach needs to remove an athlete for a suspected concussion if:
They have suffered an injury where there was potential for direct or indirect force to head, neck, or upper body AND they experience or demonstrate any Concussion related symptoms;
OR the participant discloses they have a concussion or possible concussion through other activities.
- If removed, they are to be referred to a medical doctor (or nurse practitioner) for an assessment
- Upon removal, each participant (parent/guardian if under 18) needs to be given the ROWONTARIO handout with concussion removal and return to sport procedures.
- Upon removal, the coach needs to ensure participant (and parent/guardian if under 18) is aware that they are required to disclose a concussion diagnosis to any other sport organization and/or school they may be associated with.

REPORTING

- Any incident removing an individual due to suspected concussion requires the responsible adult in charge to complete an incident report submit it and track it with a secure system in the club. (If removal is due to participant disclosure a report also needs to be completed.)
- Board President or designate should track all reports to ensure follow up and appropriate compliance with policy.

- Coach will retain a copy of report and update it with progression through the return to sport stages.
- If written clearance is provided, it will be attached to report to complete full package on file.

RETURN TO SPORT

- If removed, athlete may return if they confirm to coach they have undergone a medical assessment and have not been diagnosed with having a concussion.
- If they are diagnosed with a concussion, Coach should stay in touch with them as they work through the first 4 stages of the return protocol under medical recommendations.
- Participant needs to present written medical clearance to begin Stage 5 which allows on the water practice with club. (Full return to school is priority over return to sport.)
- Athlete can only return to competition after two on-the-water situations without a return of symptoms.

TOOLS FOR CLUBS

Wording for Registration - Awareness & Code of Conduct Compliance

We are suggesting a check box on your registration form that has this statement:
“I (and my parent/legal guardian if I am under 18) confirm that I have reviewed the provided Concussion Resources and I acknowledge and commit to the ROWONTARIO Concussion Code of Conduct.”

Links to Resources

<https://www.rowontario.ca/concussion-management/>

Note: The required 2 page handout (1 piece of paper back to back) is under ROWONTARIO Concussion Resources. Copies should be located in a central place for coaches to easily access anytime anyone is removed.

Staff Support

For any additional resources, sample documents, or support in managing concussions and meeting the requirements of Rowan’s Law please do not hesitate to touch base with Lisa Roddie, COAST Manager (lisa@rowontario.ca)