

ROWAN'S LAW



On July 1, 2019, new rules came into effect through Rowan's Law, to improve concussion safety in amateur competitive sport.

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.

Concussion Awareness Resources for you to review

Concussion Awareness Resources will be available in the following three formats:

- e-booklet
- video
- e-module

Under Rowan's Law, if your sport organization has requested it, you are required to review **one** format each year. All three formats contain similar information. Choose the format that suits your learning style. Currently, only the e-booklet is available for your review.

Ages 10 and Under

Ages 11-14

Ages 15 and Up

CONCUSSION



Vital Information for players, parents and Coaches including the new Canada Soccer Concussion Policy which has been adopted by Ontario Soccer and Peel Halton.

Review the materials on Rowen's Law and your responsibilities under this provincial legislation

[CLICK HERE](#)



Canada Soccer has released a new Concussion Policy which has been adopted by the Board of Director of Ontario Soccer (March 1st, 2019). The policy is available for review by [CLICKING HERE](#)

Concussion Awareness Resources

Learn about the Concussion Awareness Resources that amateur athletes, parents, coaches, team trainers and officials are required to review.

[Link to Rowan's Law & Resources](#)

Recognize symptoms of a concussion

Everyone can help recognize a possible concussion if they know what to look for.

A person with a concussion might have any of the signs or symptoms listed below. They 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.



RED FLAGS

“Red flags” may mean the person has a more serious injury. Treat red flags as an emergency and call 911.

Red flags include:

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (knocked out)
- Vomiting more than once
- Increasingly restless, agitated or aggressive
- Getting more and more confused