



## Concussion Awareness Rowan's Law



In March of 2018, Rowan's Law (Concussion Safety) was passed.

This legislation is named in memory of **Rowan Stringer who tragically died in 2013 of Second Impact Syndrome**, this occurs when a person suffers a second concussion before the symptoms of a previous concussion have healed. Rowan Stringer suffered 3 concussions over six days while playing rugby. Those around her were unaware of the severity of her injuries and that her body needed time to heal before returning to sport. This legislation is designed to create a safer environment for competitive amateur athletes, children and youth to participate in sports.

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

### What is a Concussion?

A concussion is a brain injury that usually results from a bump or blow to the head, neck, face or a sudden impact to the body that causes the brain to move rapidly inside the skull. A concussion is a serious injury and requires immediate attention. Symptoms often present quickly but may evolve within the first 24-48 hours. While the effects are typically short term, a concussion can lead to long-lasting symptoms and effects.

## **Signs of a concussion**

A Concussion is diagnosed by observing the signs and symptoms a patient exhibits after an impact to the body. A concussion does not appear on imaging like an X-Ray, Ct or MRI.

### **Common Concussion Signs Include:**

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| Loss of Consciousness               | Difficulty recalling an instruction |
| Problems With balance               | Inappropriate crying                |
| Glazed Look in eyes                 | Inappropriate laughter              |
| Amnesia / Memory loss               | Delayed Response to Questions       |
| Confusion ex. game, score, position | Vomiting                            |

### **Concussion Symptoms:**

| <b>1. Physical Symptoms</b>        | <b>2. Cognitive Symptoms</b>       |
|------------------------------------|------------------------------------|
| Headache or Head Pressure          | Memory problems                    |
| Light Headed - Dizziness           | Loss of focus,                     |
| Blurred vision                     | Attention Difficulties             |
| Light or noise Sensitivity         | Difficulty completing mental tasks |
| Does not "feel right"              | Feeling "foggy" or slowed down     |
|                                    |                                    |
| <b>3. Sleep Symptoms</b>           | <b>4. Emotional Symptoms</b>       |
| Drowsy - Difficulty falling asleep | Irritable                          |
| Sleeping more than usual           | Depressed                          |
| Sleeping Less than usual           | More emotional than usual          |

If a player is suspected to have suffered a concussion, The **Removal from Sport Protocol** will be followed to ensure that the player is safely removed and assessed. A Player must be assessed medically and cleared before returning to activity. Once a player is cleared to return, the **Return to Play Protocol** must be followed.

If a concussion is suffered outside of the North York Cosmos S.C. It is the responsibility of the Player and or Parent to inform the Club / Coach of said injury. As Stated in the **Concussion Code of Conduct**.

The North York Cosmos adheres to this legislation and requires all athletes, parents of athletes under 18, coaches, trainers and officials to complete and confirm an annual review of Ontario's Concussion Awareness Resources.

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Other Policies for review:

Concussion Code of Conduct - Removal from Sport Protocol - Return to Sport Protocol

