



TOWNSHIP OF SOUTH STORMONT

Title: Concussion Code of Conduct – Rowan's Law

Department:
Parks and Recreation

Date:
February 12, 2020

1. CODE OF CONDUCT

The Township of South Stormont (TOSS) is committed to providing safe recreation programming. In providing safe recreation programming TOSS staff shall incorporate Ontario's Concussion Awareness Resources, TOSS Concussion Code of Conduct, and TOSS Removal-from-Sport and Return-to-Sport protocols into the minor sport program registration process.

2. PURPOSE

To ensure that all participants, parents of participants under 18, coaches and officials are informed and educated about concussions.

The Ontario Government enacted *Rowan's Law (Concussion Safety), 2018, S.O. 2018, c. 1 ("Act")*, which makes it mandatory for sport organizations, including municipalities, to: 1) Ensure that athletes under 26 years of age, parents of athletes under 18, coaches, team trainers and officials confirm every year that they have reviewed Ontario's Concussion Awareness Resources. 2) Establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion prevention. 3) Establish a Removal-from-Sport and Return-to-Sport protocol.

3. SCOPE

All participants, parents of participants under 18, coaches and officials will be required to review this code of conduct including all Appendices before registering for any TOSS minor sport program each year.

4. DEFINITIONS

Concussion:

is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);

- may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness); and,
- cannot normally be seen on X-rays, standard CT scans or MRIs.

5. RESPONSIBILITY

It is the responsibility of TOSS staff to ensure that all participants, parents of participants under 18, coaches and officials read through this code of conduct document before registering for a TOSS recreation program.

6. PROCEDURE

This document will be included in the online registration process, in-person registration forms, coach/volunteer waiver forms, and official training packages for all to review and acknowledge having read the Code of Conduct before participating in TOSS minor sport programs.

7. REFERENCES

Government of Ontario, Ministry of Tourism, Culture and Sport Concussion Guidelines. Retrieved from http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs_concussion_guide_en.pdf

Government of Ontario (2019, November, 25) *Rowan's Law: Concussion safety*. Retrieved from <https://www.ontario.ca/page/rowans-law-concussion-safety>

Soccer Canada. *Canada Soccer Concussion Guidelines Players Health and Safety First*. Retrieved from <https://www.canadasoccer.com/files/ConcussionGuideEN2.pdf>

Hockey Eastern Ontario (2019, June, 27) *HEO Rowan's Law Acknowledgement Form*. Retrieved from <https://www.heominor.ca/system/files/HEO%20Rowan%27s%20Law%20Acknowledgement%20Form%20June%2027%202019.pdf>

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APPENDIX A

Ontario's Concussion Awareness Resources can be found at the following links

- [10 and Under Concussion Awareness Resource](#)
- [11-14 Concussion Awareness Resource](#)
- [15 and Over Concussion Awareness Resource](#)

APPENDIX B

Township of South Stormont Concussion Code of Conduct

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
- Respecting the rules of my sport or activity.
- My commitment to fair play and respect for all athletes, coaches, team trainers and officials.

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-term and long-term effects.
- A blow to the head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- A person doesn't need to lose consciousness to have had a concussion.

I will not hide concussion symptoms. I will speak up for myself and others.

- I commit to recognizing and reporting, including self-reporting, of a possible concussion to a designated coach or parent I trust so they can help.
- I have a commitment to sharing any pertinent information regarding incidents of removal from sport with any other sport organization with which I have registered.

I will commit to following the Township of South Stormont's Return-to-Sport protocol

- I understand my commitment to supporting the return-to-sport process
- 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, parents, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

APPENDIX C

Township of South Stormont Removal-from-sport Protocol

Teammates, side-line staff, coaches, players or parents and guardians who suspect that a player may have a concussion must work together to ensure that the player is removed from play in a safe manner. If a neck injury is suspected the player should only be removed by emergency healthcare professionals with appropriate spinal care training. Call 911. More severe forms of brain injury may be mistaken for concussion. If any of the following are observed or reported within 48 hours of an injury, then the player should be transported for urgent medical assessment at the nearest hospital (symptoms below). Call 911.

- Severe neck pain
- Deteriorating consciousness (more drowsy)
- Increasing confusion or irritability
- Severe or increasing headache
- Repeated vomiting
- Unusual behavior change (persistent irritability in younger children; increased agitation in teens)
- Seizure
- Double vision
- Weakness or tingling / burning in arms or legs

Township of South Stormont Return-to-sport Protocol

Concussion is a serious event, but you can recover fully from such an injury if the brain is given enough time to rest and recuperate. Returning to normal activities, including sport participation, is a step-wise process that requires patience, attention, and caution. Each step must take a minimum of one day but could last longer depending on the player and his or her specific situation.

Step 1: Symptom Limited Activity

After an initial short period of rest of 24-48 hours, light cognitive and physical activity can be initiated if they don't worsen symptoms. A physician, preferably one with experience managing concussions, should be consulted before beginning a step-wise return to learn and sport strategy.

Step 2: Light Aerobic Exercise

Activities such as walking or stationary cycling. The player should be supervised by someone who can help monitor for symptoms and signs. No resistance training or weight lifting. The duration and intensity of the aerobic exercise can be gradually increased over time if no symptoms or signs return during the exercise or the next day.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist, consult a physician.

No symptoms? Proceed to Step 3 the next day.

Step 3: Sport-Specific Activities

Activities such as skating or throwing can begin at step 3. There should be no body contact or other jarring motions such as high-speed stops or hitting a baseball with a bat.

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Step 4 the next day.

Step 4: Begin drills without body contact

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? The time needed to progress from non-contact exercise will vary with the severity of the concussion and with the player. Proceed to Step 5 only after medical clearance.

Step 5: "On Field" practice with body contact, once cleared by a doctor

Symptoms? Return to previous stage and only engage in activities as tolerated. If symptoms persist consult a physician.

No symptoms? Proceed to Step 6 the next day.

Step 6: Game play.