

BROCKVILLE COUNTRY CLUB - Concussion Code of Conduct for Athletes under age 18 and their Parents/Guardians

BACKGROUND

On July 1, 2019, and in honour of Rowan Stringer, the 17-year-old rugby player whose death resulted from sustaining multiple concussions, *Rowan's Law*, came into effect. Rowan's Law (Concussion Safety), 2018, makes Ontario a national leader in concussion management and prevention by establishing mandatory requirements that call for:

- Annual review of concussion awareness resources that help prevent, identify and manage concussions, which athletes, coaches, educators and parents would be required to review before registering in a sport
- Removal-from-sport and return-to-sport protocols, to ensure that an athlete is immediately removed from sport if they are suspected of having sustained a concussion and giving them the time required to heal properly (to come into effect July 1, 2020)
- A concussion code of conduct that would set out rules of behaviour to minimize concussions while playing sport.

Ontario is the first jurisdiction in Canada to pass concussion safety legislation, setting a precedent for sport legislation across the country. The Ontario government worked closely with key medical experts, athletes, coaches and sport leaders – most notably the members of the Rowan's Law Advisory Committee – in establishing this first-of-its-kind legislation.

In compliance with this legislation the Brockville Country Club has implemented a Concussion Code of Conduct for Athletes under the age of and 18 their Parent/Guardians.

I will help prevent concussions by:

- Wearing the proper equipment for curling and wearing it correctly.
- Developing my skills and strength so that I can participate to the best of my ability.
- Respecting the rules and etiquette of curling.
- My commitment to fair play and respect for all* (respecting other 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- 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.

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.)

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 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.

By virtue of my child participating in Brockville Country Club activities, I acknowledge that I and my child have fully reviewed and commit to this Concussion Code of Conduct.