

Rowan's Law Concussion Resources

This is the Ontario Ministry of Tourism Culture and Sport Concussion Code of Conduct for athletes and parents/guardians which will be adopted by XCSO to adhere to Rowan's Law. Concussion resources are available [here](#). Links to age specific concussion resources are available below.

[Ages 10 and under](#)

[Ages 11 to 14](#)

[Ages 15 and older](#)

Athletes Concussion Code of Conduct

I will help prevent concussions by:

- Wearing the proper equipment for my sport and wearing it correctly.
 - Developing my skills and strength so that I can participate to the best of my ability.
 - Respecting the rules of my sport or activity.
 - 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 will have to follow my sport organization's Return-to-Sport Protocol).
- 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.