

## **BGHA Rowan's Law – Concussion Safety**

### **Tenet**

The Brantford Girls' Hockey Association (BGHA) incorporates all relevant legislation (Bill 193 Rowan's Law) into the process of providing amateur female hockey to ensure the safety of all members.

BGHA is committed to creating awareness about concussion and enforcing the rules as set out by the legislation, so please note that coaches/participants/coaches/bench staff/volunteers will NOT be allowed on the ice during tryout/sort out/practice/game until a signed acknowledgement form is received by the organization.

### **Background**

Effective July 1, 2019 the Ontario Government has enacted Rowan's Law (Concussion Safety), which requires all sports organizations, including the BGHA to have a Concussion Code of Conduct. The Concussion Code of Conduct requires that all participants review the Ontario Government's issued Concussion Resources on an annual basis. A participant is subject to a Concussion Code of Conduct for each Sports Organization a participant registers with.

### **Process**

- The BGHA incorporates the Concussion Code of Conduct in all registration forms for association sports activities.
- Each registration form will direct members/applicants to our concussion review resource with a signed acknowledgement of the review.
- All concussion materials will be accessible in the BGHA website
- It is strongly recommended that all registered BGHA players (U9-U22) have a concussion baseline testing prior to the beginning of the season (October 1<sup>st</sup>).

## **Concussion Code of Conduct for Athletes and Parents/Guardians (for athletes under 18 year of age)**

Items marked with an asterisk \* are mandatory by O.Reg. 161/19: General.

### **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.