

## Rowan's Law Day

In honour of the memory of Rowan Stringer, "**Rowan's Law Day**" is commemorated on the last Wednesday in September to raise awareness about concussions and concussion safety. The first Rowan's Law Day is **September 26, 2018**.

### About Rowan Stringer

Rowan Stringer was a 17-year-old Ottawa rugby player who died tragically in spring 2013 from a condition known as **second impact syndrome (catastrophic swelling of the brain)**. In Rowan's case, she experienced three head injuries in six days while playing rugby. She was concussed but didn't know that her brain needed time to heal. Her parents, her teachers and her coaches had no idea that there was a problem.



### Rowan's Law (Concussion Safety), 2018

On March 7, 2018, Ontario passed **Rowan's Law (Concussion Safety), 2018**. This new legislation is intended to protect amateur athletes by improving concussion safety on the field and at school.



For more information, please visit:

[www.mtc.gov.on.ca/en/sport/rowans\\_law\\_day.shtml](http://www.mtc.gov.on.ca/en/sport/rowans_law_day.shtml)

### ADDITIONAL RESOURCES:

#### Parachute Canada

<http://www.parachutecanada.org/injury-topics/item/concussion>

#### The Sport Information Resource Centre (SIRC)

<https://sirc.ca/concussion>

#### The Ontario Physical and Health Education Association (Ophea)

<http://safety.ophea.net/concussions>

#### Ministry of Tourism, Culture and Sport

[www.mtc.gov.on.ca](http://www.mtc.gov.on.ca)



# Concussion Fact Sheet



## CONCUSSION FACTS

- A concussion can occur from a **blow to the head or body** that causes the brain to move rapidly back and forth within the skull.
- A concussion is a brain injury that **causes changes in how the brain works**.
- Though concussions are common sport injuries, particularly among children and youth, the **sometimes subtle symptoms of a concussion may go unnoticed**.
- If a concussion goes undetected and untreated, an individual is at risk of developing **more severe, longer-lasting concussion symptoms**, as well as an **increased risk for sustaining other injuries**.



## CONCUSSION SYMPTOMS

**Concussion symptoms** vary from person to person and can appear immediately, or days later. Common symptoms include:



### PHYSICAL

- Headaches
- Nausea or vomiting
- Dizziness or blurred vision
- Seizure or convulsion
- Balance problems
- Sensitivity to light and noise
- Loss of consciousness
- Neck pain
- Pressure in the head
- Fatigue or low energy
- Drowsiness
- Sleeping more or less than usual
- Difficulty falling asleep and staying asleep



### COGNITIVE

- Difficulty thinking and foginess
- Feeling slowed down
- Difficulty remembering
- Difficulty concentrating
- Confusion
- Amnesia



### EMOTIONAL

- Irritable
- “Don’t feel right”
- Feeling like in a fog
- Nervous or anxious
- More emotional—sadness, anger or frustration



### Call 9-1-1 if symptoms include:

- Neck pain
- Repeated vomiting
- Deteriorating conscious state or unconsciousness
- Unusual behavior change
- Increasing confusion or irritability
- Seizure or convulsion
- Severe or increasing headache
- Double vision
- Weakness or tingling/ burning in the arms or legs

## WHAT TO DO

1

### Tell Someone

Tell a coach, parent, or teacher if you think you or someone you know may have a concussion.

2

### Stop Playing or Practicing

Stop playing or practicing. Playing or practicing with concussion symptoms is dangerous and can lead to a longer recovery and a delay in an athlete’s return to play.

A repeat concussion in an athlete can result in permanent damage to the brain. It can even be fatal.

3

### Seek Medical Attention

Anyone with a suspected concussion should seek medical attention immediately. Go to a walk-in clinic, a doctor or a hospital’s emergency room.

If an athlete is unconscious, call an ambulance. **Do not** move the athlete or remove any equipment, such as a helmet, in case there is a spinal injury.

## Questions To Ask About Concussions

### If you’re:

- **AN ATHLETE** and you suspect a concussion, ask your health care professional for a recovery plan that you can follow.
- **A PARENT/GUARDIAN**, ask your child’s sport club about their concussion prevention and management policies.
- **A COACH**, ask your organization about potential concussion training available to you.
- **AN EDUCATOR**, ask your principal about your school board’s concussion policy.