



Rowan's Law Summary

The Ministry of Heritage Sport Tourism and Culture Industries stipulates that as of July, 2021 all curling clubs must post a link on their website about Rowan's Law. Rowan's Law is aligned with the Ontario Curling Council concussion policy, which includes removal from sport and return to sport due to a head injury. The risk of head injury is always high on the curling ice due to a fall, especially since helmets are not yet mandatory. Many injuries can be prevented by using up to date equipment, changing grippers on a regular basis, and in many cases, wearing a gripper on both shoes when sweeping.

What is Rowan's Law?

Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced three concussions over six days while playing rugby. She had a concussion but didn't know her brain needed time to heal; neither did her parents, teachers or coaches.

Remember: 1. Recognize signs and symptoms of a concussion and remove yourself or the athlete from the sport/physical activity, even if you feel OK or they insist they are OK. 2. Get yourself/the athlete checked out by a physician or nurse practitioner. 3. Support gradual return to school and sport.

The Campbellford & District Curling & Racquet Club is committed to a safe and comfortable environment for everyone, and is implementing the required safety awareness and protocols towards concussion awareness, reporting and follow-up, as stipulated below.

- 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.
- Establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion prevention.
- Establish a Removal-from-Sport and Return-to-Sport protocol.