



Document Number: HSC-P&P-0003 Rev. 0

Date: October 15, 2019

Document Name: HSC Concussion Procedure

Hanover Swim Club Concussion Procedure

The Hanover Swim Club considers the health and safety of our swimmers to be our number one priority. This includes our recognition that concussions can have serious short- and long-term effects on our young athletes. As such, the club is committed to ensuring that swimmers, their parents/guardian, our coaches and other club volunteers follow our concussion Code of Conduct, review the applicable concussion resources and follow the removal / return to sport guidelines.

The Hanover Swim Club requires that all swimmers, parents and coaches review the club's Concussion Code of Conduct, one of the official Concussion Awareness Resources listed and complete the Acknowledgement form in order to participate with our club.

Rowan's Law

On July 1, 2019, new rules came into effect through *Rowan's Law*, to improve concussion safety in amateur competitive sport. Rowan's law was created in honour of Rowan Stringer, a 17 year-old rugby player whose died as a result of multiple concussion.

If you are an athlete under 26 years of age*, parent of an athlete under 18, coach, team trainer or official and your sport organization has advised that you need to follow the rules of *Rowan's Law* you need to:

- review any one of Ontario's official Concussion Awareness Resources before registering or serving with your sport organization; and
- review your sport organization's Concussion Code of Conduct that they will provide to you. **Note:** HSC-P&P-0004 Rev 0 - HSC Concussion Code of Conduct must be reviewed; and
- confirm that you have reviewed both of these resources every year with your sport organization(s). **Note:** HSC will have you sign an acknowledgement form.

Rowan's Law (Concussion Safety), 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 are required to review before registering in a sport.

Removal-from-sport and return-to-sport guidelines, 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.

A concussion code of conduct that sets out rules of behaviour to minimize concussions while playing sport.



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Concussion Awareness Resources (Required to be Reviewed)

The below resources are required to be reviewed prior to signing and returning the acknowledgment form. Parents/Guardians must review the age group specific resources with their swimmer.

General Resource

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

Age Group Specific

[Ages 10 and Under](#)

[Ages 11-14](#)

[Ages 15 and Up](#)

Hanover Swim Club Removal from and Return to Sport Policy

Removal from Sport

If a swimmer is observed or reports an incident during a practice or event that could lead to a concussion, our coaches will look for signs or symptoms that may indicate a concussion. If there is any question or concern, the coach will remove the swimmer from participating and complete the following:

If there is significant concern,

- The coach will follow our emergency plan, call 911 and immediately contact the parent/guardian.

If there are symptoms that may indicate a concussion,

- The coach will complete an incident report documenting the incident and,
- Will communicate the incident to the parent/guardian.
- Parents/guardians will be responsible for observing their child and if necessary, seek medical attention.

Return to Sport

If the swimmer was removed from practice or an event due to a concussion concern, the following is required to return to swimming.

- If, after the incident, the child was observed by the parent's and the symptoms subsided OR medical attention was sought, but the doctor indicated no concussion, the swimmer may return to sport. The parent/guardian must speak to the coach before the swimmer will be permitted to return.



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- If the swimmer required medical attention and was diagnosed with a concussion, the coach must be informed. The swimmer can only return to sport once cleared by a doctor. The swimmer will be given a modified practice plan and will gradually be brought back to full practices if the concussion symptoms do not return. It is the swimmer's and their parent's/guardian's responsibility to inform the coach if symptoms begin to return. The club is committed to ensuring the health and safety of our swimmer's is our paramount concern.

Other Important Resources

<http://swimontario.com/uploads/Clubs/Club%20Operations/Forms/2016-2017/ConcussionProtocol.pdf>

<https://parachute.ca/en/>

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HSC Acknowledgement of the Review of Concussion Awareness



Receipt of Review of Concussion Awareness Resource

Thank you for completing your review of the Concussion Awareness Resource.

- Under [Rowan's Law](#), your sport organization will ask you to confirm that you reviewed one of the [Concussion Awareness Resources](#) in this website (Ontario.ca/concussions) before you can register/participate in a sport.
- You must review one of the resources once a year, and then confirm that you have completed the review every time you register with a sport organization. If you want to use this form to show that you have reviewed the concussion awareness resource, you can provide the completed form to your sport organization(s).

Family: _____

Club: Hanover Swim Club

Parent/Guardian _____ confirm that I have reviewed all age appropriate Concussion Awareness Resources.

Signature

Date

Swimmer _____ Age _____ confirm that I have reviewed a Concussion Awareness Resource.

Signature

Date

Swimmer _____ Age _____ confirm that I have reviewed a Concussion Awareness Resource.

Signature

Date

Swimmer _____ Age _____ confirm that I have reviewed a Concussion Awareness Resource.

Signature

Date

Please return to your Club Registrar