



Receipt of Review of Concussion Awareness Resource

The Ontario Government has enacted Rowan's Law (Concussion Safety), 2018, S.O. 2018, c. 1 ("Act"). Ontario Regulation 161/19, the Act requires all sport organizations as defined in the Regulation ("Sports Organization"), to have a Concussion Code of Conduct. This Concussion Code of Conduct must require participants, as set out in the Act, to review the Ontario Government's issued Concussion Awareness Resources on an annual basis. A participant is subject to a Concussion Code of Conduct for each Sports Organization a participant registers with.

The applicable age appropriate Concussion Awareness Resources are located at: www.ontario.ca/concussions. The appropriate Concussion Awareness Resources must be reviewed before you can register/participate, if under the age of 26, or register a minor under the age of 18 as a parent or guardian.

- 10 and Under Concussion Awareness Resource
- 11-14 Concussion Awareness Resource
- 15 and Over 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 (<https://www.ontario.ca/page/rowans-law-concussion-safety>) before you can register/participate in a sport. Hard copies of the resource are also available from your Curling Coordinator
 - 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).
 - If you would like to have a record of your review of the concussion awareness resource, you can complete this form and keep it as a receipt to remind you of the date on which you reviewed it.
 - Once you complete this form, you can save it (to your personal device/computer) or print this page to share with your sport organization and/or to serve as a reminder of when to review the Concussion Awareness Resources again next year.



Proposed Cataraqi Curling “Concussion Code of Conduct”

I will help prevent concussions by my commitment to:

- Wearing the proper equipment for my sport and wearing it correctly;
- Respecting the rules of my sport or activity; and
- My commitment to fair play and respect for all* (respecting other athletes, coaches, team trainers and officials).

I will care for my and others 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 the head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion; and
- A person doesn’t need to lose consciousness to have had a concussion.

I will commit to:

- Report any possible concussion received during participation to a designated person;
- Recognizing a concussion or possible concussion and the reporting to a designated person when an individual suspect that another individual may have sustained a concussion;
- Sharing any pertinent information regarding incidents of a removal from sport with the Player’s school and /or other sport organization with which the player has registered;
- Sharing any pertinent information regarding incidents of a concussion that have occurred outside of participation in Cataraqi Curling to a designated person with your/individual’s Team;
- Completing Injury Report Forms in a timely manner and ensuring they are submitted to the Curling Coordinator;
- Providing opportunities before and after each training, practice, competition or play to enable participants to discuss potential issues related to concussions; and
- Maintaining an open dialogue with all athletes and participants (and parents/guardians in cases of minors) about their health and any signs and symptoms of concussion they may experience.

I will commit to respect the Cataraqi Curling Removal and Return to Play Protocol by:

- Understanding 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, competition or play until I undergo a medical assessment by a medical doctor or nurse practitioner and have been medically cleared to return to training, practice, competition or play;
- Understanding I will have to be medically cleared by a medical doctor or nurse practitioner before returning to training, practice, competition or play;
- Respecting the roles and responsibilities of all coaches and health care professionals in Return to Play protocol; and
- Responding appropriately with Return to Play protocols if a participant is experiencing concussion related symptoms or if you suspect any participant has sustained a concussion.



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

In order to register/participate within Catarauqui Curling this signed form must be submitted to the Curling Coordinator:

Acknowledgement of Review:

I, _____ /_____/_____
print full name of participant birthdate yyyy/mm/dd

as participant, coach and/or team official confirm that I have reviewed the appropriate Concussion Awareness Resources and commit to operating within the parameters of the Concussion Code of Conduct under the role which I have registered.

Signature

Date

If the participant above is under the age of the 18, then the parent or legal guardian of that participant must also sign the Acknowledgement set out below:

I, _____,
Print full name of parent or legal guardian if above signatory is under 18 years of age

confirm that I have reviewed the appropriate Concussion Awareness Resources and commit that the signatory above and I will operate within the parameters Concussion Code of Conduct under the role which I have registered.

Signature

Date