

Rowan's Law

ANCASTER SKATING CLUB – POLICY RE: ROWAN'S LAW

Date: Reviewed/Updated August 21, 2024

NOTE: The ASC Rowan's Law Policy and resource links are also available through the Resources page on the Club website.

Background:

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.

A law (Rowan's Law) was passed in Ontario, that requires the following, on an annual basis prior to the start of the sporting season:

- Athletes under the age of 26 must review Government of Ontario concussion awareness resources.
- Athletes under the age of 26 and parents of athletes under the age of 18, must sign an acknowledgement they have reviewed the resources.
- Sport organizations/clubs must keep the acknowledgements on file.

Skate Ontario has clarified that these requirements apply to skaters registered in STARSkate 5 and up, in addition to the requirement for these skaters to review the Skate Ontario Concussion Code of Conduct.

ASC Policy:

To ensure that all applicable StarSkaters and Synchronized Skaters registered with the Ancaster Skating Club complete the annual requirements related to Rowan's Law, ALL skaters registered in StarSkate and their parents, along with adults registered in StarSkate and Synchronized Skating for the upcoming season, are required to:

- review the applicable resources (outlined on the Skate Ontario Acknowledgement Form appended to this policy); and,
- provide the acknowledgement via signing off on this policy when registering for the upcoming season in Uplifter through the ASC website.

The ASC policy, which includes skaters at all StarSkate levels, will ensure that no one is missed and will minimize the administrative work required to maintain the appropriate records.

The links to the Government resources listed in the Appendix are available through the following Skate Ontario Resource Page: <https://skateontario.org/rowans-law-concussion-information/>.

In addition, skaters, parents and coaches will follow the requirements of the ASC Concussion Policy, Removal From Sport Protocol, and Return to Sport Protocol (will be available Fall 2024).

APPENDIX – PLEASE NOTE: These resources and links are also available on the Ancaster Skating Club Website, under the Resources/Policies tab

SKATE ONTARIO Rowan's Law Acknowledgement Form for Athletes and Parents/Guardians

Athletes under 26 and parents of athletes under 18 years of age must confirm that they have reviewed the appropriate Government of Ontario Concussion Awareness Resources below and Skate Ontario's Concussion Code of Conduct for Athletes and Parents/Guardians prior to registration and/or on the first day of skating.

SKATE ONTARIO:

Skate Ontario Concussion Code of Conduct: [Skate-Ontarios-Code-of-Conduct-Athletes-and-Parents-Guardians.pdf \(skateontario.org\)](https://skateontario.org/Skate-Ontarios-Code-of-Conduct-Athletes-and-Parents-Guardians.pdf)

GOVERNMENT OF ONTARIO:

Ages 10 & Under: [Government of Ontario Concussion Awareness Resource e-booklet: Ages 10 and Under | Ontario.ca](#)

Ages 11-14: [Government of Ontario Concussion Awareness Resource e-booklet: Ages 11-14 | Ontario.ca](#)

Ages 15 & Up: [Government of Ontario Concussion Awareness Resource e-booklet: Ages 15 and up | Ontario.ca](#)

ACKNOWLEDGEMENT - SKATER:

I acknowledge that I am the skater participating in physical activities at the Ancaster Skating Club and I have read the Government of Ontario Concussion Awareness Resource for my age group, and the Skate Ontario Concussion Code of Conduct, and understand what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parent/guardian. I understand that I must be removed from practice/competition if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/competition. I understand the possible consequence of returning to practice/competition too soon and that my brain needs time to heal.

ACKNOWLEDGEMENT - PARENT/GUARDIAN:

I acknowledge that my child is participating in physical activities at the Ancaster Skating Club and I have read the Government of Ontario Concussion Awareness Resource for his/her age group and the Skate Ontario Concussion Code of Conduct and understand what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to coaches and any other designated persons at the club/skating school. I understand that my child must be removed from practice/competition if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before my child is permitted to practice/competition. I understand the possible consequence of returning to practice/competition too soon and that my child's brain needs time to heal.

If acknowledging using a paper form:

Athlete: _____

Parent/Guardian (of athletes who are under 18 years of age): _____

Date: _____

Accepted by (full name):

This policy will be valid to Aug 31, 2025