

## Concussion/Rowan's Law Update

Curling is a great sport for all ages, however, anyone playing the sport needs to be aware of the inherent risks of injury and in particular the risks of injury due to falls.

The CHCC Executive wants to ensure that all our curlers are aware of these risks and aware of the symptoms of concussions that could occur as result of a fall. This is why you were asked to review and agree to the waiver of liability attached to your registration form and which is also posted on the Club's bulletin board. It is also why the Club has implemented a concussion protocol for all junior curlers in compliance with Provincial legislation known as "Rowan's Law".

Your Executive is now working on a formal policy regarding falls that may result in head injuries to our adult members. However, the issue of concussions is too important to wait in making all members aware of concussion information now available from the Province. Therefore, you will notice new posters both on and off the ice identifying the symptoms of concussions. We encourage all members to become familiar with these symptoms for the safety of yourself, your teammates and your family members. We also ask that you also familiarize yourselves with the concussion "Red Flags" provided below that the Province has said warrant calling 911.

Please be aware that if you do have a fall and have no immediate concussion symptoms, these symptoms could still arise hours or even days following the event in which case you should seek immediate medical attention.

Safe Curling!

Mark Bodnar  
CHCC President

### Concussion "Red flags"

may mean the person has a more serious injury.

*Treat red flags as an emergency and call 911.*

Red flags include:

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (knocked out)
- Vomiting more than once
- Increasingly restless, agitated or aggressive
- Getting more and more confused

Source: [www.ontario.ca/page/rowans-law-concussion-awareness-resources](http://www.ontario.ca/page/rowans-law-concussion-awareness-resources)