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Concussion Awareness Resources & Rowan's Law

Under *Rowan's Law*, the Pembroke Curling Centre will ask you to confirm that you reviewed the Concussion Awareness Resources before you can register/participate in a sport.

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.

The Rowan's Law concussion awareness rules came into effect on July 1, 2019. After that date, sport organization must not register athletes under 26 years of age into a sport activity unless they, as well as their parent (for athletes under 18), provide confirmation that they have reviewed one of the [Concussion Awareness Resources](#) within the previous 12 months. Sport organizations must also not allow coaches, team trainers and officials to serve as a coach, team trainer or official for or in respect of the sport organization unless they provide confirmation that they have reviewed one of the Concussion Awareness Resources. Confirmation of review will be kept on file and this procedure followed every year.

These resources will help you learn more about concussions so you can keep yourself and others active and safe — whether you're an athlete, student, parent, coach, official or educator.

Please watch the video which applies to the age of the athlete:

Ages 10 and Under: <https://youtu.be/PvTS4bvrTRU>

Ages 11-14: <https://youtu.be/Y8HbNORdw00>

Ages 15 and Up: <https://youtu.be/H1puD-iVJcM>