**CONCUSSION AWARENESS**

We strongly encourage all families to become familiar with concussion prevention, concussion symptoms,  baseline testing, and dealing with concussion using our protocol which follows the components of Rowan’s  Law.  Members that register for SLYC programming or lessons will be required to acknowledge understanding and agreement with the Concussion Code of Conduct of  Athlete and Participant.

If a participant in our programs has a concussion or possible concussion, the participant may be removed from  the program.

As part of SLYC's commitment to concussion prevention, we are now encouraging all participants in sailing to  wear helmets. Helmets designed specifically for sailing may be found at suppliers of water sports equipment.

It’s important to be able to recognize concussion symptoms, to seek medical advice if a concussion is  suspected, and to understand the steps to follow in returning to sport following a concussion.

Please click on the links below for Ontario Ministry of Tourism, Culture and Sport age-appropriate materials:

∙ Ages 10 and under: https://files.ontario.ca/mtcs-rowans-law-booklet-ages-10-and-under-en-2019-05.pdf ∙ Ages 11 – 14: https://files.ontario.ca/mtcs-rowans-law-booklet-ages-11-to-14-en-2019-05.pdf ∙ Ages 15 and up: https://files.ontario.ca/mtcs-rowans-law-booklet-ages-15-and-up-en-2019-05.pdf

You may also wish to use this guide from Parachute Canada for athletes in general:

<https://parachute.ca/wp-content/uploads/2019/06/Concussion-Guide-for-Athletes.pdf>

Where an athlete or program participant has had a concussion or suspected concussion, they must temporarily stop participation in our programs.

Returning to sport after experiencing a concussion or a suspected concussion requires a doctor’s note. The  physician must state in a note to the athlete, or if the athlete is a child in a note to the athlete’s parent or  guardian, that the athlete has **“No concussion – athlete may return to:”** Alternatively, the doctor shall write:  **"Concussion - athlete shall ..."** (In other words the physician must state whether the athlete has had a  concussion or not.)

Here are the Return to Sport guidelines recommended by Parachute Canada:

<https://parachute.ca/wp-content/uploads/2019/06/Return-to-Sport-Strategy.pdf>

 (In 2020 the club will, in accordance with the requirements of Rowan's law, implement formal return to sport  policies and procedures.)

We will also follow concussion policies as required by the sport associations that we belong to, such as  Ontario Sailing and Ontario Tennis Association.