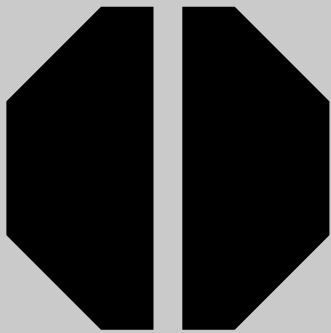


ONTARIO GOVERNMENT

CONCUSSION AWARENESS RESOURCE



ROWAN'S LAW

A Guide for Students & Athletes of All Abilities
e-Booklet

HIT. STOP. SIT.

1. A concussion is a **HIT** to the head, neck or body that can make you feel different.
2. If you think you have a concussion, **STOP** what you are doing and TELL an adult you trust, such as a parent, coach or teacher how you feel so that you can get the help that you need.
3. **SIT** out of sports and activities where you could get another concussion. You can slowly return to activities like school and sport. There are return-to-activity steps (protocols) that you can follow. You can do this with help from your medical doctor and healthcare team.



Rowan Stringer

ROWAN'S LAW

Rowan's Law was named for Rowan Stringer, who was a high school rugby player from Ottawa. One day, while playing rugby with her team, Rowan got a concussion. Most people with a concussion get better after they rest and heal. But Rowan didn't know her brain was hurt and needed time to heal. Her parents, teachers and coaches didn't know, either. So, Rowan kept playing rugby. She got hurt two more times. Rowan's brain was so badly hurt that she couldn't get better.

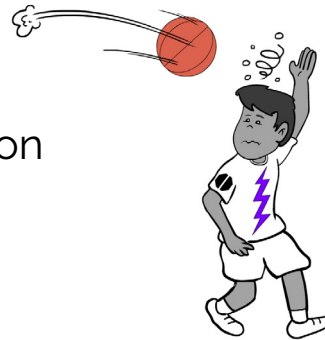
This resource is not meant to replace medical advice about your health care. For more information about concussions please speak with a medical doctor or nurse practitioner.

WHAT IS A CONCUSSION? (HIT)

A concussion is an injury to your brain.

A **HIT** to your head, neck or body can cause a concussion.

For example, you can get a concussion if you are **HIT** in the head with a ball.



You can also get a concussion if you fall down hard onto the floor.



How to prevent a concussion

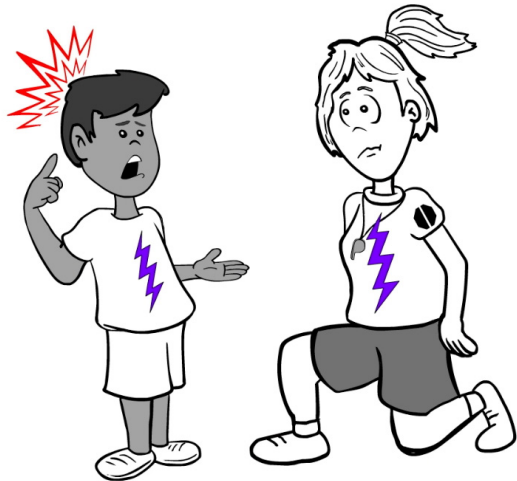
1. Learn about concussions by reading this booklet and exploring the website links on the last page.
2. Make sure your sports equipment is in good condition and fits properly.
3. Respect the rules of your sport, yourself, and others playing the sport.

HOW DO YOU KNOW YOU HAVE A CONCUSSION? (STOP)

If you have a concussion, you might feel different physically or emotionally. You may also feel different with the way that you think or how you sleep.

If you have been **HIT** in the head, neck or body and feel different, **STOP** the activity that you are doing right away.

TELL an adult you trust, such as a parent, coach or teacher, how you feel so you can get the help that you need.



This adult can make sure you see a medical doctor or nurse practitioner to find out if you have a concussion or not.

Sometimes when you have been **HIT** in the head, neck or body, you can have a different type of brain injury that is even more serious than a concussion.

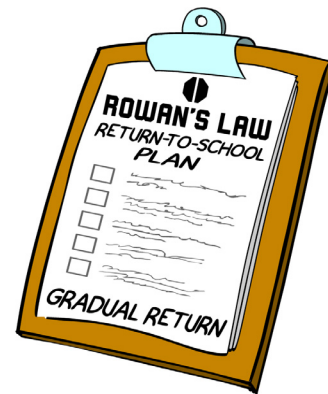
If you are experiencing any of the following symptoms, you should **call 911** or go to the emergency department at your hospital right away.

- Neck pain or tenderness
- Seeing double
- 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

RETURNING TO SCHOOL AND SPORT (SIT)

After a concussion, you must **SIT** out of activities that put you at risk for another concussion (like sports) or activities that make you feel worse.

You, your medical doctor or nurse practitioner, coach, school and family will come up with a plan for you to return to school and sport safely.



Healing from a concussion takes patience.

You can slowly return to daily activities, school, work, and your sport with support and medical clearance, using specific return-to-activity steps (protocols).



HIT. STOP. SIT.

Government of Ontario
Rowan's Law: Concussion Safety
Ontario.ca/Concussions



Parachute Concussion
Resources
Parachute.ca/Concussion

