



Protecting Your Head

Concussions For Dummies

AKA Ontario's Rowan's Law

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**This session is
being recorded**



Agenda

- Why this session?
- What is a concussion?
- How to recognize a potential concussion?
- How to recover?
- The legal stuff AKA Rowan's Law
- How to be prepared?
- Resources
- Wrap-up



Why this session?

- Protect your crew and ourselves from the long impact adverse impact of concussions, Traumatic Brain Injury (TBI) and Chronic traumatic encephalopathy (CTE).
- Help ensure that QCYC and its sports participants are compliant with Government of [Ontario's Rowan's Law \(Concussion Safety\), 2018, S.O. 2018, c. 1 - Bill 193](#) and its [Regulation](#)



Acquired Brain Injury (ABI)

Acquired brain injury (ABI) refers to **any type of brain damage that occurs after birth**. It can include damage sustained by infection, disease, lack of oxygen or a blow to the head. Two thirds of all people with an ABI who have their activity limited or restricted are over the age of 45.

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/acquired-brain-injury>



Traumatic Brain Injury (TBI)

A traumatic brain injury, or TBI, is **an injury that affects how the brain works**. TBI is a major cause of death and disability in the United States. Anyone can experience a TBI, but data suggest that some groups are at greater risk for getting a TBI or having worse health outcomes after the injury.

<https://www.cdc.gov/traumaticbraininjury/index.html>



What is a concussion?

- “A concussion is a type of traumatic brain injury or TBI – caused by bump, blow, or jolt to head or **a hit to the body** that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cell.” ¹
- “Chronic traumatic encephalopathy (CTE) is the term used to describe brain degeneration likely caused by repeated head traumas. CTE is a diagnosis made only at autopsy by studying sections of the brain.” ⁴
 - CTE is a very rare disorder that is not yet well understood. CTE is not related to the immediate consequences of a late-life episode of head trauma. CTE has a complex relationship to head traumas such as post-concussion syndrome and second impact syndrome that occur earlier in life. ²

1) https://www.cdc.gov/headsup/basics/concussion_what_is.html

2) <https://www.mayoclinic.org/diseases-conditions/chronic-traumatic-encephalopathy/symptoms-causes/syc-20370921>



What is a concussion?

- Two videos



See YouTube Video

www.youtube.com/watch?v=Sno_0Jd8GuA&list=PL6Uft_5k9gOcg7KtqoMwvFvpC6pmUIGTh&index=1



See YouTube Video

www.youtube.com/watch?v=yIqZDbk3M40&list=PL6Uft_5k9gOcg7KtqoMwvFvpC6pmUIGTh&index=3



What is a concussion? Why do we care?

- Can only determined by signs and symptoms while alive
 - Can only be confirmed when you're on the slab during your autopsy
- Impact may take years to surface
 - The classical punch-drunk boxer
 - Former professional sports players donating the brains for examination after their deaths ^{1,2, 3}
- Professional sports starting to care
 - NFL's Concussion & Return-to-Participation Protocol ⁴

1) <https://www.nydailynews.com/sports/football/new-study-finds-nfl-player-suffers-cte-article-1.3355228>

2) <https://www.tsn.ca/brain-of-former-nhl-player-to-be-donated-for-cte-research-family-says-1.855458>

3) <https://www.cbc.ca/playersvoice/entry/why-i-donated-my-brain-for-research>

4) <https://www.nfl.com/playerhealthandsafety/health-and-wellness/player-care/concussion-protocol-return-to-participation-protocol>



What is a concussion? Why do we care?

- Health & Welfare costs to society
 - “Half of homeless people have experienced traumatic brain injury: study” ¹
- *Can kill!*
 - The Rowan Stringer Case, for whom the Ontario Law is named.

1) <https://globalnews.ca/news/6245863/homeless-traumatic-brain-injury/>

2) <https://completeconcussions.com/2016/06/01/rowans-law/>



Recognition & Recovery

- Two videos



See YouTube Video

www.youtube.com/watch?v=rYWly-Td2Q4&list=PL6Uft_5k9gOdNIDfB3bfrKhh2ehuZ_aie



See YouTube Video

www.youtube.com/watch?v=PNXjCuXyYSg&list=PL6Uft_5k9gOdNIDfB3bfrKhh2ehuZ_aie&index=2



Concussions: Myths & misunderstandings

- Two videos



See YouTube Video

www.youtube.com/watch?v=pGFq0jDr3Tw




See YouTube Video

www.youtube.com/watch?v=yvQnpEJWeVk



How to recognize a potential concussion?

- Concussion Recognition Tool 5 (CRT5) 
- When in doubt, assume potential of a concussion
 - Follow first aid steps
 - *Seek proper medical attention*
 - Ensure that you comply with the organization's protocols and paperwork on concussions

CONCUSSION RECOGNITION TOOL 5[®]

To help identify concussion in children, adolescents and adults



FIFA[®]

Supported by



WORLD RUGBY

FEI

RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/ burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

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STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More Irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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Available here: www.ontariosailing.ca/wp-content/uploads/2019/11/Concussion-Recognition-5.pdf

EMS Response on the water

- Toronto Inner and Outer Harbour
 - Toronto Police Service Marine Unit will respond
 - Call 911 or contact the TPS MU on VHF channel 16
 - Follow their direction as situation is key
 - They may come to you
 - Have you come to the TPS MU Shore Station
 - Meet you half –way
- Lake Ontario – Canadian Waters
 - Contact Prescott Coast Guard Radio on VHF 16
- Lake Ontario – US Waters
 - Contact US Coast Guard Sector Buffalo or Sector Rochester on VHF 16
- Other waters
 - Make a PAN PAN call on VHF 16



How to recover?

- Needs to be directed by a physician
- Their directions may include
 - Initial rest
 - Need to monitor individual with suspected concussion
 - What injured person can do and can not do
 - A staged approach recovery plan before full Return-to-Sport
- Can take weeks to months



The legal stuff AKA Rowan's Law

- Province of Ontario Law
 - Passed on June 7, 2016
 - Similar laws in many other jurisdictions
- As with many things in life, including laws, the devil is in the details
 - With our legal system, the devil will be in case law
 - As law has no penalties, doubt if will be many cases to set precedent
 - Legal exposure to sports organization is from lawsuits arising from not following the requirements of the law when there are concussions

It seems that the intent of the law is to change the attitude of: Taking one for the team or suck it up, when your bell was rung to it's better to be safe than sorry when it comes to potential concussions especially in the younger.

If it's suspected that you have concussion, it's better take the necessary steps including withdrawing!



The Sports under Rowan's Law

Alpine Skiing	Equestrian	Modern Pentathlon	Squash
Artistic Swimming	Field Hockey	Muaythai	Surfing
Ball Hockey	Figure Skating	Pankration	Swimming
Baseball	Football	Racquetball	Taekwondo
Basketball	Freestyle Skiing	Ringette	Track & Field
Biathlon	Goalball	Rowing	Triathlon
BMX Freestyle	Grappling	Rugby	Ultimate
Bobsleigh	Gymnastics	Sailing	Volleyball
Boxing	Handball	Skateboarding	Water Polo
Broomball	Ice Hockey	Skeleton	Water Ski & Wakeboard
Canoe & Kayak	Jiu-Jitsu	Ski Jumping	Wheelchair Basketball
Cheerleading	Judo	Snowboard	Wheelchair Rugby
Cricket	Karate	Soccer	Wrestling
Cross Country Skiing	Kickboxing	Softball	Wushu
Curling	Lacrosse	Special Olympic Floor Hockey	
Cycling	Luge	Speedskating	
Diving	Marathon Swimming	Sport Climbing	

The legal stuff AKA Rowan's Law

	PARTICIPANTS	OFFICIALS (*)	THE ORGANIZATION
Must have Policy & Protocols			X
Mandatory Annual Awareness Education & confirmation	X	X	X
Recognize possible concussion	X	X	
Removal-From-Sports	X	X	X
Mandatory Removal-From-Sports		X	X
Including mandatory reporting	X	X	X
Return-to-Play/Sports Protocols	X	X	X
Mandatory Return-to-Play/Sports Protocols		X	X
Mandatory Tracking		X	X



Acceptance of QCYC Concussion Management Policy and Concussion Codes of Conduct

- Needs to be done by each Person-in-Charge (PIC) & crew
- Needs to be once annually, doing once covers all QCYC events
- A how-to video will be created to help with the process



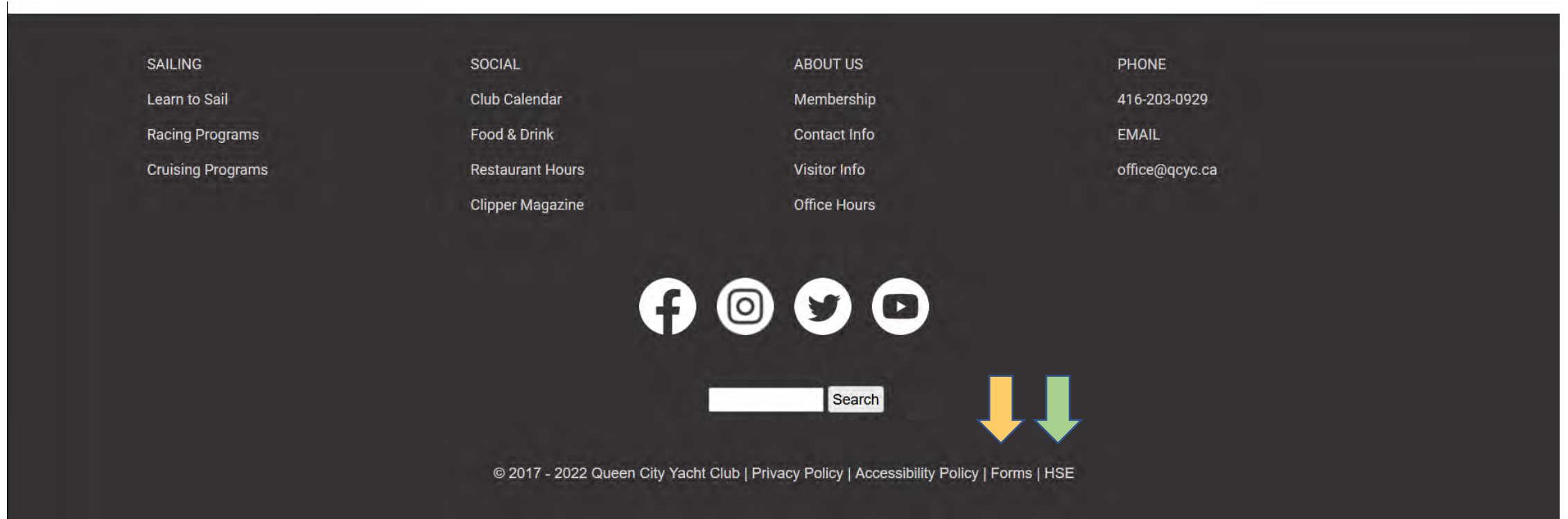
How to be prepared?

- Have and keep update with a first-aid certification!
 - Practice makes perfect (well good enough)
 - Practices evolve & change – Tourniquets are back!
 - If need first-aid certificate for Transport Canada Marine licensing/certification, make sure you take the one with “Marine” in the Certificate title.
- Have first-aid kits so they will be available to you when needed
 - Include a copy of Concussion Recognition Tool 5 (CRT5) in each of your first-aid kits
- At least annually, review the Government of Ontario’s Educational material on concussions
 - Annually is the law!



Resources – Tips on using www.qcyc.ca

- Forms 
- HSE (Health, Safety & Environment) 



Resources

- Ontario Government Resources
 - [Rowan's Law: Concussion safety](#)
- Ontario Sailing Resources
 - [Concussion Information](#)
- QCYC Resources
 - [QCYC Concussion Management Policy and Concussion Codes of Conduct Information](#)
- Other
 - [Parachute Canada Concussion Resources](#)
 - [Coaching Association of Canada](#)
 - [Concussion Awareness Training Tool](#)
 - [Good Training Course for Coaches & Officials](#)
 - [Good Training Course for Parents & Caregivers](#)
 - [Good Training Course for Athletes](#)

Must annually review Ontario's material

Starting place for PIC & crew to confirm compliance

Most misleading name

Really Good Stuff



Obtain help

- [Brain Injury Canada](#)
- [Brain Injury Society of Canada](#)




Resources

- [Concussion Legacy Foundation](#)
- [NFL's Concussion Protocol & Return-to-Participation Protocol](#)



Resources – In depth

- Concussion Education and Training – St Luke’s Health System (20:46)
 - <https://www.youtube.com/watch?v=C6KRFOM5J3g> 
- US Centers for Disease Control and Prevention - CDC HEADS UP
 - <https://www.cdc.gov/headsup/index.html>



Wrap-up

Questions?



Wrap-up

**If you have any questions, comments or concerns,
email egd@securefail.com .**

