

# “Concussion-Proofing”

(like waterproofing to prevent something from getting wet!)

How you prevent the first concussion or another concussion?

Most people watching tonight have already had at least one concussion, and so the message for you is:

**PLEASE TRY HARD TO PREVENT ANOTHER CONCUSSION!!!**

So, How do I **“Concussion-Proof”** Myself  
if I have had a concussion???

Or, if you are a spouse, son or daughter, or a  
health care professional of a concussed  
person, and you want to **“Concussion-Proof”**  
your dear one or your patient , you have to  
know why it is so important to prevent another  
concussion and how do you do it?

# WHY IS IT IMPORTANT TO “CONCUSSION-PROOF?”

(What are the consequences of another concussion?)

- Important because you decrease your chance to recover completely!!
- Important because you increase the length of time it takes you to recover!!
- Important because you get concussed more easily the next time!!!
- Important because you increase the chance of getting Second Impact Syndrome which is what Rowan stringer had-very rare, but it does happen to young people!!!
- Important because you increase the chance of getting brain degeneration such as CTE which is chronic traumatic encephalopathy!!!

# Special Importance of “Concussion-Proofing” for YOUNG People; IT CAN BE DEADLY!!

**FOR YOUNG PEOPLE LESS THAN 30 YEARS OF AGE.**

if you are young and playing contact sports, you have to tell if the blow to your head caused any symptoms, and then "sit it out", until you are completely better.

**WHY?**

Rowan Stringer did not do that, and she died because of brain swelling after her third concussion in one week. This is called **Second Impact Syndrome**.

Fortunately it is a very rare complication of a concussion and it **only happens if you are young. It is prevented by avoiding another blow to the head!!!**







# Special Importance of “Concussion-Proofing” for OLDER People

- **PEOPLE OVER 65 YEARS OF AGE**

If you are older, your concussion **can take longer to recover.**

Unfortunately, some people may never recover. In fact, **brain injury is now considered one of the factors that can lead to bigger trouble later including memory loss, and even dementia!**





# Tips on Concussion-Proofing for Women

- **WOMEN CONCUSS MORE EASILY THAN MEN.** Why? One reason is that women are born with smaller **NECK MUSCLES** than men, and therefore there is less muscle limiting the movement of the head on the trunk, especially in certain sports such as hockey or basketball. Therefore, the head moves more and concusses more!

**Example: INTIMATE PARTNER VIOLENCE** against women frequently involves repetitive concussions !!!

**Example: REAR-END COLLISIONS** cause the "bobble-head effect" which is more pronounced in women, probably due to weaker neck muscles. More women than men are concussed in rear-enders!!



# OTHER Tips on Concussion-Proofing for Older People. Falls Occur when you.....

- Rush to the toilet!!!
- Rush to the toilet at night!!!
- Rush to the toilet and there is a loose mat on the floor!!!
- Rush to the toilet which is on another floor!!!
- Rush to the toilet in the dark without the night light on!
- Rush to the toilet without your cane or eyeglasses
- Climbing a ladder
- Even putting on your pants!!!!
- Etcetra, etcetra.....







# OTHER Tips on Concussion-Proofing for Older People. Be careful with.....

- Rough Sidewalks.
  - Walking the dog.
  - Walking on the dog!
  - Wet Streets.
  - Icey Streets.
  - Snowy Streets.
- 
- Forgetting your glasses, cane, or walker!
  - Carrying too many parcels!
  - Carrying too many parcels **and** purses!
  - Carrying too many parcels, purses and briefcases!

# TIPS for Concussion-Proofing for Specific Activities and Professions

- **Teenager-Sports** – In hockey, consider joining a non-contact league because **bodychecking** is the main cause of concussion.
- **Teachers-be careful at recess-thrown or kicked balls at recess.**
- **Taxi or Uber drivers and passengers - collisions cause lots of concussions especially in women. Seat belts and airbags protect us from concussions.**
- **Bicyclists: wear a helmet, avoid potholes, streetcar tracks, rough pavement, cars.**













# TIPS for Concussion-Proofing for Other Specific Activities and Professions (Cont'd)

- **Construction Workers, Painters** on platforms or ladders; low basement ceilings, especially in older houses and especially if you are tall.
- **Roofers** without a harness.
- **Military**-Blast injuries.
- **Skiers and snowboarders**- icy slopes, no helmets.

# Myths about Concussion Prevention.

- Helmets Prevent Concussions: **No proof!**
- Mouthguards Prevent Concussion: **Maybe, but I doubt it!**
- “Concussions are just part of the game.” **NO! Sports Concussions are Preventable!**
- Punches to the head in hockey games are “harmless crowd pleasers”. **NO! At least two hockey players have died from fights on the ice- Brad Masterton and Don Sanderson!!**















**!8 year old female boxer.  
Died in Montreal two years  
ago.  
Second Impact Syndrome  
highly likely.**





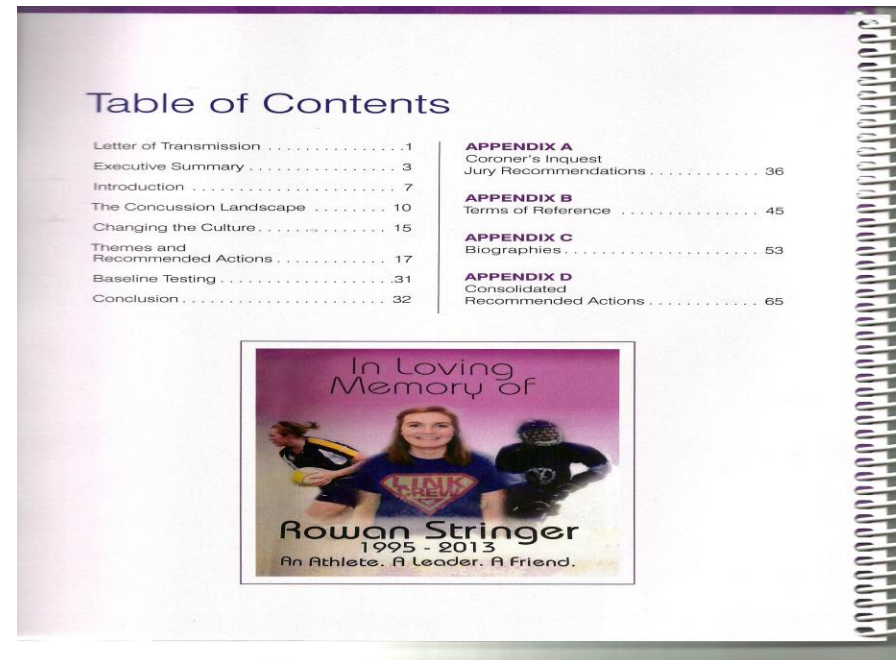
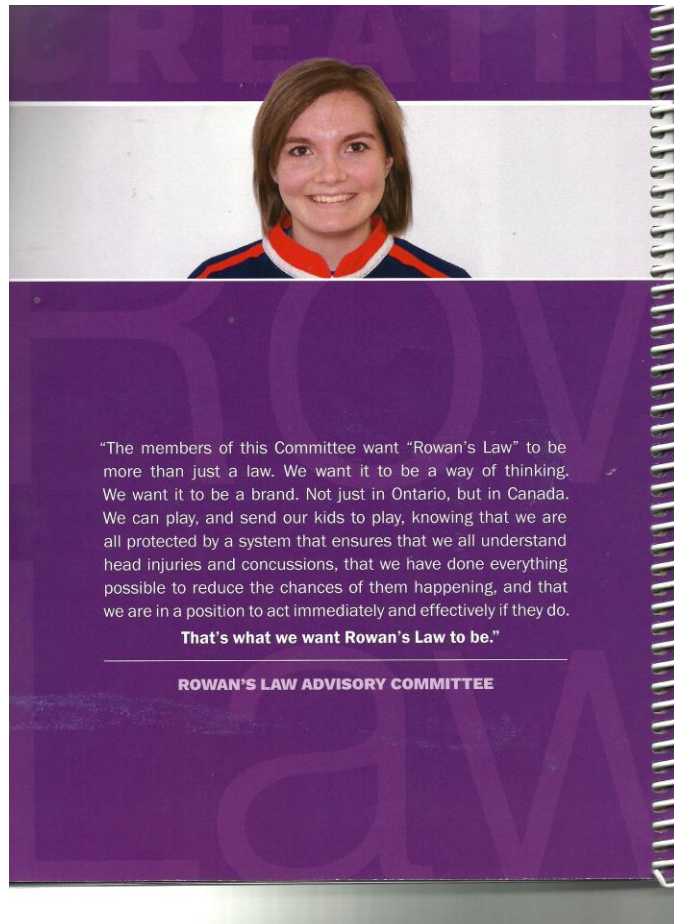
# Public Health and Government Strategies for Concussion-Proofing.

- **PPM158 Ontario Ministry of Education**-2015 concussion prevention must be taught in all elementary and high schools. Most other provinces have similar school-based prevention programs.
- **In the USA, by 2014 all states had passed Concussion Laws** based on the 2011 injury to high schooler **Zackary Lystedt** age 14 in Seattle Washington who was brain-injured in a high school football game.
- **In Ontario in 2017, the Government of Ontario passed Rowan's Law** after **Rowan Stringer** a 17-year-old Ottawa high school student who was captain of her school rugby team died of **second impact syndrome** due to multiple concussions over a short time.

## Concussion PUBLIC Policy and LAWS and RegulationS IN ONTARIO SCHOOLS and Sports 2015-2025 and need for lawyers.

- **2007 Concussion Legislation first enacted in USA, and then** in all 50 states in the USA : included mandatory concussion education and mandatory management principles for concussions in youth sports.
- 2012 In Ontario, Bill 39 legislation introduced in 2012, but not passed.
- **2013 Rowan Stringer, age 17, died in Ottawa from repetitive sports concussions**
- **2014 PPM 158 from Ontario Ministry of Education on Concussions announced**
- **2015 PPM 158 in force in all public Ontario School Boards.** School Board responsibility to implement. Requires **Education** of teachers, students and parents about concussion; Regulates **Management** of concussion such as removal from play, see a medical doctor or nurse, and principles of return. Similar school-based regulations in some other provinces.
- **2018 Rowan's Law - Concussion Legislation enacted in Ontario !!!!!!!**
- **2019-2025 Updates of PPM158, Rowans Law and Regulations in Ontario.**
- **ONTARIO STILL THE ONLY PROVINCE WITH A CONCUSSION LAW!**

# Rowan Stringer died after repeated Concussions in Rugby, Age 17 in 2013, and her story is now known by all school kids in Ontario Since 2018.



# Rowan died Because of Second Impact Syndrome or Malignant Brain Swelling due to repetitive concussions as revealed by an Inquest into her Death!!!

- This syndrome results from a second head hit and concussion hours or days later when there has not been full recovery from the first head hit and concussion.
- Can be catastrophic, and even fatal.
- Exact mechanism unknown (?loss of autoregulation leading to cerebrovascular congestion) brain swelling, increased intracranial pressure, and brain herniation. Treatment is poor.
- **COMPLETELY PREVENTABLE** by preventing the second hit. Only occurs in teenagers and young adults.
- Can occur without an identified first injury.

# WHAT IS ROWANS LAW?

- it is the Legislation and Regulations related to concussion in Ontario from 2018 to 2025)

- Affects sports in schools and sports outside of schools as in Sports Leagues
- Mandatory education about concussions for all students and athletes including prevention, recognition, management and documentation of concussions in schools and sports leagues.
- Every student in the school environment including universities is NOW involved, up to 25 years of age!
- Everyone **working in the school environment** is involved
- Thus includes all publicly funded elementary, high school, college and university students, and their teachers, parents, guardians, and all participants in league/team sports-probably.



## REMINDER

Playing safe will help prevent you from getting injured so that you can keep doing things you love! If you think you might have a concussion, remember:

1. Stop playing.
2. Tell an adult.
3. Get checked by a medical doctor or a nurse practitioner.
4. Rest and recover.



## GOVERNMENT OF ONTARIO CONCUSSION AWARENESS RESOURCE



E-BOOKLET: AGES 10 AND UNDER



Social Media Guide for

## ROWAN'S LAW DAY 2019



### What is Rowan's Law Day?

Rowan's Law Day was established in 2018, and is observed across Ontario on the last Wednesday in September each year. The purpose of Rowan's Law Day is to improve concussion education and awareness, especially in schools and sport organizations.

This year, Rowan's Law Day is taking place on **Wednesday, September 25, 2019.**

### Who is this guide for?

This guide is for all community partners who use social media tools or online communication media in a professional capacity, including, but not limited to, the following: Facebook, Twitter, Instagram, Snapchat, YouTube or blogs.

### Engage with us!

Follow us and comment, share, like, re-post and re-Tweet relevant content. We'll be doing the same, with as many of you as possible, leading up to and on Rowan's Law Day.

**Twitter, Facebook and Instagram:** @parachutecanada

**LinkedIn:** [www.linkedin.com/company/parachute---leaders-in-injury-prevention](http://www.linkedin.com/company/parachute---leaders-in-injury-prevention)

### Key Resources

Use and share the following resources on concussion and Rowan's Law. If you share information from other sources, ensure it is up-to-date and evidence-based.

- Parachute's concussion resources
- Government of Ontario - Rowan's Law: Concussion Safety
- Ophea's Rowan's Law Day Toolkit for Schools
- Coaches' Association of Ontario's Concussion Toolkit
- BCIRPU's Concussion Awareness Training Tool



Parachute is Canada's  
leading national charity  
dedicated to injury prevention.



For concussion info on the go, download the app



[parachute.ca](http://parachute.ca)

rev. 2019-09-25

# This poster is now in every school in Ontario

## REMINDER

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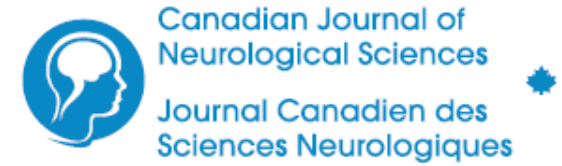
1. Stop playing.
2. Tell an adult.
3. Get checked by a medical doctor or a nurse practitioner.
4. Rest and recover.

**Minister Neil Lumsden,  
Minister of Tourism, Culture and Sport,  
Government of Ontario..**




# Every Province Should have Concussion Laws- Journal publication by Mark Moore (UBC Law School) and me.

*The Canadian Journal of Neurological Sciences* (2022), 1-2  
doi:[10.1017/cjn.2022.12](https://doi.org/10.1017/cjn.2022.12)



## Commentary

## Concussion Safety Law Should be Enacted in all Canadian Provinces and Territories

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**Keywords:** Concussion Law; Concussion Education; Concussion Management; Concussion Prevention

The concussion crisis in sports remains an important public health issue. Indeed, it is cited by 97% of Canadians as a major public health concern.<sup>1</sup>

‘old school’ ethics of roughness and toughness in sports and/or winning at all costs.

Further, it is important to note that *Rowan’s Law* is not relevant

# National Concussion Prevention Strategies

Research in Concussion-Accurate Data Collection. We now know that **1% of Canadians get concussed every year!!! Which means 400,000 concussed Canadians each year!!!**

Annual National **“Concussion Awareness Week.”** This year it is **Sept. 22-28.**

**Parachute Canada**, a national injury prevention agency runs several concussion prevention programs in sports and for seniors, etc. see [www.parachute.ca](http://www.parachute.ca)

These major initiatives in Canada have raised the awareness of the importance of concussion in Canada. **Improved awareness and recognition lead to prevention!**



# Thank You!

- **Please Visit our website for more information about Concussions.**

[www.canadianconcussioncentre.ca](http://www.canadianconcussioncentre.ca)

**Thank you to our sponsor for the Webinar Series- LiUNA the Laborers International Union of North America (Ontario Division).**

**Thank you to our sponsor for supporting our efforts for Concussion Awareness Week this year: McLeish Orlando, Personal Injury Lawyers**

