

# Rowan's Law



The City of Mississauga program staff receive training on how to manage concussion signs in an emergency, but this responsibility involves a team of athletes, parents/guardians, coaches, officials, doctors & nurses in recognizing the signs and symptoms of a concussion and the implementation of a plan for an athlete's safe return to sport. This plan must include good communication to prevent athletes from further injuries and promote their recovery.

Each year, athletes in our programs who are under 26 years of age, and parents/guardians of athletes in these programs under 18 years of age, will be asked to:

1. Review any one of Ontario's official Concussion Awareness Resources:

[Ages 10 and under](#)

[Ages 11 to 14](#)

[Ages 15 and up](#)

2. Review and sign the athlete/guardian [Concussion Code of Conduct](#)

## Rowan Stringer's story



*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. *Rowan's Law* and Rowan's Law Day were established to honour her memory and bring awareness to concussions and concussion safety.

<https://www.ontario.ca/page/rowans-law-day>