

## ***VRRA Concussion Protocol applies to all riders***

*Rowan's Law (Concussion Safety), 2018* makes it **mandatory for sports organizations** to:

1. ensure that athletes under 26 years of age, parents of athletes under 18, coaches, team trainers and officials confirm every year that they have reviewed Ontario's Concussion Awareness Resources
2. establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion prevention
3. establish a Removal-from-Sport and Return-to-Sport protocol

The rules requiring the review of Concussion Awareness Resources and Concussion Codes of Conduct came into effect on July 1, 2019.

The rules for removal-from-sport and return-to-sport protocols came into effect on January 01, 2022.

The VRRRA requires all riders;

1. to review Ontario's Concussion Awareness Resources each year
2. to review and sign the VRRRA Concussion Code of Conduct each year
3. to comply with the Removal-from-Sport and Return-to-Sport protocol

## **Removal from sport/Return to sport protocols**

VRRA Rules and Procedures

**9e** All riders and passengers who have fallen off their machine must undergo a medical exam, regardless of the severity of the fall. The competitor, with their helmet must report to Race Medical for a mandatory evaluation, immediately upon returning to the Paddock. Competitors will not be allowed on the track until Race Control receives approval from the Doctor allowing continued participation. If the competitor is denied further participation for that day, they can request a reassessment by the Doctor the next day. An overnight rest does not mean a competitor can go racing again without the Doctor's approval.

If a rider does not, or is not allowed to, participate in further practice sessions or races; a medical exam by the Doctor is recommended before the rider leaves the track.

**9f** If the medical staff at an event determine that a rider has suffered a loss of consciousness or has a potential head injury, the rider must follow their instructions. This can include an immediate trip to the hospital or a recommendation to watch for certain signs which would require a hospital or clinic visit. This will be recorded in the event medical file. The rider cannot continue racing at that event or at future events until they provide a letter from a medical doctor clearing them to race. This letter must be presented to the event medical staff at which the rider plans to race.

## About the concussion awareness resources

On July 1, 2019, new rules came into effect through *Rowan's Law*, to improve concussion safety in amateur competitive sport.

If you are an athlete, parent of an athlete under 18, coach or official and your sport organization has advised that you will need to follow the rules of *Rowan's Law* you will need to:

- review any one of the official concussion awareness resources before registering or serving with your sport organization
- review your sport organization's Code of Conduct that they will provide to you
- confirm that you have reviewed both of these resources every year with your sport organization(s)

## Concussion awareness resources for you to review

Concussion awareness resources will be available in the following three formats:

- e-booklet
- video
- e-module

Under *Rowan's Law*, if your sport organization has requested it, you will need to review **one** format each year. All three formats contain similar information. Choose the format that suits your learning style. Currently, only the e-booklet is available for your review.

## Government of Ontario Concussion Awareness Resource E-Booklet

This e-booklet will help you learn more about concussions so you can keep yourself and others active and safe — whether you're an athlete, student, parent, coach, official or educator.

You can download and print a copy for reference.

[Ages 10 and Under](#)

[Ages 11-14](#)

[Ages 15 and Up](#)