



Learn Lead Inspire

ROWAN'S LAW DAY: CONCUSSION AWARENESS TOOLKIT



Importance of Rowan's Law Day

Observed annually on the last Wednesday in September to honour the life and legacy of Rowan Stringer. By raising the Brain Injury Awareness Flag, we can raise awareness about concussions and brain injuries.

Spread the Word at School

Rowan's Law Day serves as an opportunity to educate students, athletes, coaches, educators, parents, and communities about the importance of recognizing the signs and symptoms of a concussion, reporting injuries, and supporting safe return-to-learns and return-to-sport practices.

Recognize the Signs

Understand the visual clues (signs) and symptoms of a concussion and your role and responsibilities when a concussion is suspected to have occurred.

Grand Erie Resources

Individuals may look fine, yet struggle with memory, fatigue, emotions, and returning to school or work. Learn about prevention strategies, the identification procedure, and the management procedure for a diagnosed concussion.

Why Schools Matter!

Over 150,000 concussions occur each year in Ontario. Schools play an essential role in concussion awareness and prevention.

Sample Messaging for Students

Participating in Rowan's Law Day demonstrates our commitment to promoting concussion awareness and prevention and creating a safer learning and sport environment for all.