



CONCUSSION POLICY

Recognize, remove, and safely return to play.

EFFECTIVE DATE	VERSION	REVIEW CYCLE
June 30, 2026	1.0	Annual

Adopted by the Board of Directors of Northern Force Fastpitch, effective June 30, 2026. This document forms part of the Northern Force Fastpitch Safe Sport Program and applies to all participants. It is governed by, and shall be interpreted in accordance with, the laws of the Province of Ontario and the applicable laws of Canada. If any provision is found to be invalid or unenforceable, the remaining provisions continue in full force.

1. PURPOSE

This policy sets out how Northern Force Fastpitch prevents, recognizes, and manages concussions, consistent with *Rowan's Law (Concussion Safety), 2018* (Ontario) and the Parachute Canada Canadian Guideline on Concussion in Sport.

2. AWARENESS AND CODES OF CONDUCT

Before participating each season, athletes (and the parents/guardians of athletes under 18), coaches, and team officials are required to review the applicable Ontario Concussion Awareness Resource and to confirm, in writing, that they have done so, as required under Rowan's Law. The Association also maintains Concussion Codes of Conduct in accordance with that legislation.

3. RECOGNITION

A concussion may result from a blow to the head or body. Signs and symptoms include headache, dizziness, nausea, confusion, sensitivity to light or noise, balance problems, and changes in behaviour. A concussion can occur without loss of consciousness.

4. REMOVAL FROM PLAY

Any athlete suspected of having a concussion is **immediately removed** from play or practice and is not permitted to return the same day. "When in doubt, sit them out."

5. RETURN TO SPORT

- The athlete must be assessed by a physician or nurse practitioner.

- Return follows a gradual, stepwise Return-to-Sport protocol, progressing only when symptom-free at each stage.
- Medical clearance is required before returning to full-contact/competitive activity.

6. DOCUMENTATION

Suspected concussions and return-to-sport clearances are documented and retained by the Association.

7. RESPONSIBILITY

Coaches enforce removal-from-play. Parents/guardians support medical assessment and honest symptom reporting. Athletes report their own and teammates' symptoms.

WHO TO CONTACT

Questions about this document, or any Safe Sport matter, may be directed to:

- **Safe Sport Coordinator, Northern Force Fastpitch:** northernforcefastpitch@gmail.com
- **Independent third party (external):** Canadian Sport Helpline — 1-888-83-SPORT (1-888-837-7678) — abuse-free-sport.ca
- **Emergency:** Call 911 if anyone is in immediate danger.