



Ancaster Skating Club Concussion Policy: Appendix F – ASC RETURN TO SKATE FORM

The Province of Ontario passed legislation to enact Rowan's Law (Concussion Safety) in 2018. Rowan's Law mandates that sport organizations establish a Concussion Policy as well as a Removal-from-Sport and Return-to-Sport protocols. The Ancaster Skating Club (ASC) is committed to maintaining the health and safety of its athletes, coaches and officials and believes that their health is of paramount importance. ASC recognizes the potential danger and long-term health consequences of concussions and has a Return-to-Sport Protocol in place for skaters. A Return to Skate Form (or equivalent) is required following ALL concussions, suspected concussions or removal from sport, even those that did not occur while participating in activities run by ASC. The form (or equivalent) must be completed by a health care professional and considerations/restrictions with respect to returning to skate must be identified. An updated form (or equivalent) is required once the individual is symptom-free and able to return to full participation in physical activity at ASC. Completed forms (or equivalent) are to be submitted to the ASC Designated Person (Return to Sport) prior to the skater's return, by sending the completed form (or a photo of the completed form or equivalent) to:

- info@ancasterskatingclub.ca; and,
- starcoordinator@ancasterskatingclub.ca

CONSIDERATIONS/RESTRICTIONS WITH RESPECT TO RETURNING TO SKATE FOLLOWING A CONCUSSION, SUSPECTED CONCUSSION, OR REMOVAL FROM SPORT:

Skater Name:		
Date of Injury:		
Restrictions/ Duration:		
Name of Treating HC Professional:		
Clinic Name & Address:		
Clinic Phone Number:		
Signature:		
Date:		
Received By (ASC Designated Person):		

Personal information used, disclosed, secured or retained by ASC will be held confidentially and safely for the purpose for which it is collected, in accordance with the ASC Privacy Policy.

Approved by the ASC Board of Directors, July 20, 2026