

ROCKtalk

The newsletter of the
London Curling Club

November 2019



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Rowan's Law provides new prevention and treatment protocols for concussions

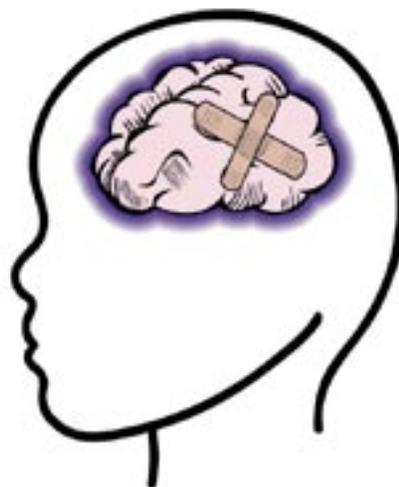
Rowan's Law was named for Rowan Stringer, a high school rugby player from Ottawa, who died in the spring of 2013 from a condition known as second impact syndrome (swelling of the brain caused by a subsequent injury that occurred before a previous injury healed). Rowan is believed to have experienced 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 was enacted by the Ontario government in 2018, making our province a national leader in concussion management and prevention.

The legislation requires sports organizations (including curling clubs) to:

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

The new 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 are expected to



be in place by July 1, 2020.

These new rules will affect any curler under age 26, including those in Little Rocks and our elementary and high school programs, anyone who currently curls in any league, and anyone who comes to an event such as Brooms and Brews, or family events such as our club's traditional Boxing Day event.

Our Board of Directors has adopted the London Curling Club Procedures for Rowan's Law. Three documents accompany the procedures:

- Concussion Code of Conduct for Coaches and Team Trainers
- Concussion Code of Conduct for Athletes (18-25 years of age).
- Concussion Code of Conduct for Athletes and Parents/Guardians (for athletes under 18 years of age).

The coach, trainer, athlete, or parent/guardian (under 18) must sign the appropriate form indicating they have reviewed the concussion awareness resource and confirm that they will abide by the Concussion Code of Conduct. You'll also see posters on the club bulletin board regarding concussion awareness and prevention.

If you'd like to know more about Rowan's Law, and review the concussion information resources, please visit www.ontario.ca/page/rowanslaw-concussion-awareness-resources. You'll find out more about how to recognize symptoms of a concussion, what to do if you suspect a concussion and more.

Disintegrated fuse cause of Oct. 21 power outage

At around 4 p.m. on Oct. 21, the curling club lost power to the ice plant and there was no obvious cause. Shortly after, smoke was found in the basement and we called 911. Firefighters discovered the smoke was coming from an old fuse panel. Inside, one of the 6-inch fuses had disintegrated (see photo above). The smoke was evacuated from the building.

Finding a replacement fuse for this 60+-year-old panel was tough, especially after hours. Eventually we found an electrical company with the required fuse and they made the repair. With power restored however, the ice plant wouldn't start up. A compressor room relay switch had to be bypassed and a new switch ordered – and that part was also hard to find. By 11 p.m. the plant was running again after being down for seven hours and our ice was saved.

The next morning, the bad switch was replaced and the old electrical panel was removed. These repairs meant that the ice plant was shut down for another two hours. Finally at 11 a.m. with everything fixed, Mark Flynn turned his attention to the arena. The humidity was at 98%, water was dripping from the ceiling on to the ice and there was a thick layer of frost covering the ice. After a long day of scraping and pebbling the ice was finally ready for the 5 p.m. draw. Thanks to Mark for his Herculean effort.

2018-2019 club champs play in zone playdowns

The Curl ON Club Championship zone qualifier bonspiel was held in St. Thomas October 19-20.

London Curling Club men's champion, team Andy Gray finished 0-2.

London Curling Club women's champion, team Linda Hooper was 2-2.

Congratulations for representing our club.



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Our Junior teams continue to play well

At the U21 Southern Ontario Super Spiel Qualifier in Kitchener, Oct. 5-6, U18 Team Johnston went 5-0 and won the championship.

U18 Team Dobson won the Orion Slam in Galt on Oct. 27th.

At the KW Classic Ontario Junior Curling Tour bonspiel in Kitchener, Nov. 1-3, U15 Team Brittain finished second while Team Buglar tied for third after the round robin. Team Johnston finished second and Team Stratton finished third. Team Schneider tied for sixth after the round robin. Keep up the great results everyone!

And check out the flashy new curling jackets our teams are sporting this year. Now they look as great as they're playing!



John Morris pays surprise visit to London

A few weeks ago Olympic gold medal curler John Morris paid a surprise visit to a long time fan, London Curling Club member Dan Hasson.

In town for the wedding of a university friend, John heard that he had a huge fan. Staying at the Delta Armouries Hotel, John walked across the street into Dan Hasson Clothier.

Over a "cold one", John and Dan spent an hour and a half talking about life and curling.

A professional firefighter, John is building a new home in Canmore, Alberta. He and his wife are expecting their second child in early December.

John will curl this winter and will spare for Kevin Koe at the Grand Slam event the second week of November.

Got a story for Rock Talk?

Please send any story ideas or club happenings for the next issue to Brian Arnold (barnold439@gmail.com). Deadline for the December 2019 issue is Nov. 25.



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Womens Daytime Section names new directors



From left to right: Joan Crosby, secretary, Jinx Findlay, past chair, Joanne Laws, chair, Sherry Chambers, vice chair, Lise Tranmer, games coordinator and Liz Oehm, assistant games coordinator.

Introducing your 2019-2020 club board of directors



From left to right: Brian Arnold, director of communications, Bruce Turner, treasurer, Fay Weiler, secretary, Kevin MacDonald, president, Bruce Thom, leagues and OCA, Michael Leisinger, vice-president, Dave Weber, property maintenance, Paul Pergau, past president, Pan Harrison, member services, Brian Campeau, promotions. Missing was Jinx Findlay, skills and development.



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