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| LSFSC NEWSLETTER |
| 2019-2020 #1  |
| CONCUSSION PREVENTION |
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| With the risk of concussion on the rise, and the increased knowledge of health risks associated, there is a push to include concussion prevention as apart of all sports health and safety policies. If you or someone you know has ever experienced a concussion, especially, not properly treated or managed, you understand the health risks associated with receiving a head injury, such as a concussion. As you know, generally, when a skater advances from the beginner Canskate programs, generally the helmet also gets left behind. Usually by this stage, skaters have learned skating techniques that generally decrease their risk of falling. However, the skater is still a risk, of falling and of head injuries. Sometimes, these skaters can be considered at higher risk, simply because of the speed these skaters can achieve, plus level of difficulty of their jumps and spins.With the Province Wide adaptation of Rowans Law (see link for more information: <https://www.ontario.ca/page/rowans-law-concussion-safety>), we are beginning to see more requirements and tools to prevent head injury. First, knowledge is everything. It is imperative, that parents and skaters know the risks associated with head injury and how to properly treat and prevent further risk to our loved ones on and off the ice. At this time, we would like to take a moment to inform parents of ICE HALO. Ice halo is only one company that has come to our attention that offers a variety of products that are usable by figure skaters. This product will aid in the prevention of head injuries, and therefore can reduce the risk of concussions. You will notice some of our intermediate skaters, already utilizing the product. Please see the following link for more information: www.icehalo.ca |  | ICE HALOA Canadian CompanyThis company is a Canadian company based out of Barrie Ontario, and has developed this product because of their own personal experience. A true Canadian success story.This product is designed to reduce the impact of a fall. Neither the manufacturer nor retailers are liable for injuries incurred while wearing this product, nor for injuries incurred while wearing this product incorrectly |