



## **Susan Hood Trophy Race**

**Part of the**

### **Ontario Sailing Offshore Keelboat PHRF Championships**

**May 29 – 30, 2020**

**Lake Ontario Offshore Racing of the Port Credit Yacht Club**

## **NOTICE OF RACE**

**Version V01.00 / 2020-03-15**

**With Amendment 1**

#	DATE	SECTION	AMENDMENT
1	2020-03-15	1.8, 1,10, 3.4, 3.5,10, 13	At the direction of IRC Owners' Association of Ontario that they will not be sanctioning offshore racing in 2020, all references to IRC have been removed.
1	2020-03-15	4.5	Updated refund policy to provide full refund until end of day Friday, May 1, 2020

*Given the fluidity of the situation around COVID 19 that may extend to cover this event, LOOR may need to make adjustments to protect the health and well being of racers, volunteers and others. These will be done as amendments to the Notice of Race or Sailing Instructions, and postings on the Official Notice Board.*

[www.loor.ca](http://www.loor.ca)

**The Registration and Race Document Web Site is**

[www.yachtscoring.com/emenu.cfm?eID=10703](http://www.yachtscoring.com/emenu.cfm?eID=10703)

See Figure 1 Where to find on the Registration and Race Document Web Site page 15

**For an Entry Checklist, see page 14**

See Registration and Race Document Web Site – Additional Event Links (E) – for video link on how to register

**See page 17 for PCYC Concussion Policy & Protocol (Rowan's Law) Links**

*The notation '[DP]' in a rule in the Notice of Race (NOR), Sailing Instructions (SIs) or other additional document that is a rule means that the penalty for a breach of that rule may, at the discretion of the protest committee, be less than disqualification.*

*The notation '[NP]' in a rule in the Notice of Race (NOR), Sailing Instructions (SIs) or other additional document that is a rule means that the penalty for a breach of that rule will not be grounds for a protest by a sailboat.*

## **1 RULES**

- 1.1 The race will be governed by the rules, as defined in The Racing Rules of Sailing (RRS).
- 1.2 Sail Canada is the Member National Authority (MNA) for the purposes of this race, including appeals.
- 1.3 The prescriptions of Sail Canada to the RRS apply for the entire race; including in US waters, see  
[www.sailing.ca/uploads/2019/09/RRS\\_2017\\_2020\\_Sail\\_Canada\\_Prescription\\_Final\\_EN.pdf](http://www.sailing.ca/uploads/2019/09/RRS_2017_2020_Sail_Canada_Prescription_Final_EN.pdf)
- 1.4 Part 2 of the RRS will be replaced with the Right of Way Rules of the International Regulations for Preventing Collisions at Sea as amended by Transport Canada between 2000 and 0600 EDT.  
[laws-lois.justice.gc.ca/eng/regulations/C.R.C., c. 1416/FullText.html](http://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._1416/FullText.html)
- 1.5 [DP] [NP] Offshore Special Regulations (OSR)  
The event is a Category 3 Event under the World Sailing Offshore Special Regulations. The Offshore Special Regulations for Category 3 with prescriptions from Sail Canada and amended by the Lake Ontario Offshore Racing apply, as documented in:  
*Lake Ontario Offshore Special Regulations for Category 3 Monohulls*  
*Lake Ontario Offshore Special Regulations for Category 3 Multihulls*  
These are available on the Race Document Web Site.
- 1.6 The event is governed by
  - 1.6.1 [DP] [NP] LOOR Sailboat and Person in Charge (PIC)/Skipper Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement, and Acceptance of Ontario Sailing's Concussion Protocol, and Agreement to act as the Designated Person for LOOR Events 2020 ("LOOR Sailboat and PIC Release"). {To be electronically signed by the Person in Charge (PIC)/Skipper during the registration processed}
  - 1.6.2 [DP] [NP] LOOR Crew Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement and Acceptance of Ontario Sailing's Concussion Protocol – Athletes and Participants for LOOR Events 2020 ("LOOR Crew Release"). {To be electronically signed by all crew during mandatory crew registration in the Crew's Corner on the Registration and

Web site.}

- 1.7 [DP] [NP] The event is governed by *PCYC's Visiting Yacht's Policy*, including pre-registration for dockage, available under the link "Additional Event Links" on the Registration and Race Document Web Site. See *Figure 1 Where to find on the Registration and Race Document Web Site* on page 15.
- 1.8 Applicable Class Rules
- Double\_Handed & Fully Crewed sailboats racing in**
- PHRF PHRF- LO Rules shall apply and PHRF-LO is the Handicap/Measurement Authority.
- Multihull GLMRA Rules shall apply and GLMRA is the Handicap/ Measurement Authority.
- Single-Handed sailboats racing in**
- Monohull PHRF- LO Rules shall apply and PHRF-LO is the Handicap/Measurement Authority.
- Multihull GLMRA Rules shall apply and GLMRA is the Handicap/ Measurement Authority.
- 1.9 The Racing Rule(s) will be changed as outlined below. The changes will appear in full in the Sailing Instructions. The Sailing Instructions may also change other racing rules
- 1.9.1 RRS 28.1
- Is modified by replacing first sentence with
- A boat shall *start* or be assessed the time penalty in 1.9.2, sail the course described in the sailing instructions and *finish*.
- 1.9.2 RRS 29.1, RRS 64.1 (a) and RRS Appendix A5
- Are modified such that a sailboat that is OCS at the start of her class is assessed a 45-minute penalty. A sailboat starting six minutes before her Start Signal may be protested by the Race Committee, and the Protest Committee will apply an appropriate penalty if the sailboat is found to have infringed this.
- 1.9.3 RRS 41 Outside Help
- "Outside Help" is modified herein to allow all forms of communication. Each sailboat may communicate with any person, competitor, sailboat, or outside source for information available using any means available throughout the race.
- 1.9.4 RRS 42.3 Exceptions
- Is modified so an engine may be used for generating electrical power provided that such use does not advance the boat's position.
- 1.9.5 RRS 51 Movable Ballast

Is modified to allow canting keels and water ballast, assuming the applicable class/measurement/handicap rules permit them.

1.9.6 RRS 52 Manual Power

Is modified to allow canting keels and water ballast, assuming the applicable class/measurement/handicap rules permit them.

All movable ballast systems must be capable of manual operation if the powered systems are inoperable.

Is modified to allow the use of power auto helm devices.

1.9.7 RRS 60.1 (a)

Breaches of specific Sailing Instructions, as denoted in the Sailing Instructions by “[NP]”, will not be grounds for a protest by a sailboat.

1.9.8 [NP] RRS 62.1

Is modified to allow the Race Committee the ability to announce sailboats subject to RRS 29.1.

Is modified to allow the Race Committee the ability to announce a sailboat’s successful completion at the finish.

1.9.9 RRS 64.1

Is modified that for infringements of the rules other than Part 2, the Jury may award a lesser penalty than DSQ, unless stated otherwise in the Notice of Race or Sailing Instructions.

1.9.10 [DP] [NP] RRS A4 & A5

Is modified such that a sailboat not starting within 90 minutes of her starting signal will be scored DNF.

1.10 [DP] All sailboats shall comply with Ontario Environmental Protection Act Regulations #343 as documented at:

[www.e-laws.gov.on.ca/html/regs/english/elaws\\_regs\\_900343\\_e.htm](http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900343_e.htm)

1.11 [DP] The Person in Charge (PIC) and alternative PIC shall act as the Designated Person as defined in Ontario Bill 193, Rowan’s Law (Concussion Safety), 2018 and associated Regulations

[www.ontario.ca/laws/statute/18r01?search=Rowan%27s&use\\_exact=on#versions](http://www.ontario.ca/laws/statute/18r01?search=Rowan%27s&use_exact=on#versions)

## 2 [DP] [NP] ADVERTISING

Sailboats may be required to display advertising chosen and supplied by the Organizing Authority.

Additionally, sailboats may carry advertising as permitted by Racing Rules of Sailing with no additional fee. The Organizing Authorities may reject any advertising that may conflict with any required advertising or with the

interests of the Organizing Authorities or sponsors.

### 3 ELIGIBILITY AND ENTRY

- 3.1 The Event is open to any sailboat that meets one of the following stability measurements.

Precedence	Measurement	Minimum Value
1	ISO 12217-2 Category	B
2	STIX AVS	23 130-0.0005m, but always > 95°
3	ORC Stability Index	103
4	SSS Base Value	15

Where m is the Minimum Sailing Weight

For entries 2 through 4, the sailboat must have a Minimum Sailing Weight of 1500kg as well as the minimum value.

The Organizing Authority, upon application and subsequent review of the vessel's technical evidence, as supplied by the owner, may, at their sole discretion, accept or reject such vessel as suitable for this race. It is the responsibility of the owner to obtain and submit required technical evidence when requested by the Organizing Authority, to review a sailboat for its suitability including stability characteristics.

- 3.2 Eligible sailboats may be entered in the race by registering online at the Registration and Race Document Web Site.

- 3.3 [DP] [NP] Supporting documentation for a complete entry includes all information requested in the online entry, at the Registration and Race Document Web Site, as well as the following:

1. Payment of the entry fee(s) online by the date in 5.1.
2. The LOOR Sailboat and Person in Charge (PIC)/Skipper Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement, and Acceptance of Ontario Sailing's Concussion Protocol, and Agreement to act as the Designated Person for LOOR Events 2020("LOOR Sailboat and PIC Release") electronically signed by PIC/Skipper as part the online registration on the Registration and Race Document Web Site.
3. Sailboat's valid rating certificate number as soon as available for the year and before the date in 5.1 by uploading it to the Registration and Race Document Web Site.
4. Stability, measurement, and value for 3.1, for the specific sailboat or for a sister ship, submitted by email to SHTR@LOOR.CA within 48 hours of completion of the online registration.
5. Crew information filed and maintained electronically at the Registration and Race Document Web Site, i.e., *Crew List*. This includes identification of the Person in Charge as per RRS 46 and compliance with the Sail Canada's prescription to RRS 46. The crew

information shall accurately represent the crew onboard for the race. The Person in Charge shall update as necessary up to the start of the race. The Person in Charge and/or skipper are crew and must add/update their information in the *Crew List*. This includes all crew agreeing to *LOOR Crew Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement and Acceptance of Ontario Sailing's Concussion Protocol – Athletes and Participants for LOOR Events 2020 ("LOOR Crew Release")* as part of the mandatory crew registration in the Crew's Corner on the Registration and Web site.

6. Signed *LOOR Crew Overboard Recovery Drill Certificate* to be submitted at event Onsite Check-in. The blank form is available at the Registration and Race Document Web Site.
7. Applicable, completed, and signed Lake Ontario Offshore Special Regulations Certificate & Sail Plan, to be submitted at event Onsite Check-in. These are available at the Registration and Race Document Web Site as the *LOOR Combined Form*.

3.4 The race is open to monohull and multihull sailboats that meet the eligibility and entrance requirements.

Monohull sailboats Fleets will be:

- Flying Sails (FS) and No Flying Sails (NFS) - Fully Crewed (FC)
- Flying Sails (FS) and No Flying Sails (NFS) - Doublehanded (DH)
- Flying Sails (FS)- Single Handed (SH) only

Multihull Fleets will be:

- Flying Sails (FS) - Fully Crew (FC) only

Fleets may be sub-divided into divisions based on handicap system and rating or One Design Classes. The Organizing Authority may assign sailboats to divisions and fleets based on the number of sailboats registered.

If sufficient sailboats in a one design class register, a fleet may be created for them.

For Doublehanded (DH) and Solo Challenge/Single Handed (SH), all souls onboard are crew.

3.5 Required Handicap Certificates

Solo Challenge/Single-Handed, Double-Handed & Fully Crewed sailboats racing in:

GLMRA Multihull	Must have a valid GLMRA Certificate, see NOR 17
PHRF	Must have a valid PHRF-LO Certificate, see NOR 17

For sailboats racing under PHRF from outside the PHRF-LO area,

arrangements shall be made in advance to obtain a PHRF-LO certificate. Contact PHRF-LO, [www.phrf-lo.org](http://www.phrf-lo.org) .

- 3.6 Sailboats entered in as Single-Handed or Double-Handed shall be crewed by individuals 18 years of age or older. In Fully Crewed sailboats, the Person in Charge and at least one other crew shall be 18 years of age or older.
- 3.7 [DP] [NP] Competitors' sailboats shall only display a sail number registered specific to the sailboat at the time of its commission. Requests, on the *LOOR Combined Form*, available on the Registration and Race Document Web Site, to display alternative sail numbers to the sailboat's commissioned sail number may be approved by the Organizing Authority and must be filed with the registrar prior to the Participants' Meeting.
- 3.8 [DP] [NP] Crew overboard procedures shall be practised aboard the yacht at least once annually. A certificate of such practice (Crew Overboard Recovery Drill Certificate available on the Registration and Race Document Web Site) shall be signed by crew members and submitted as part of the registration. (Refer to Appendix D of the World Sailing Offshore Special Regulations for more details on COB Recovery). At least 50% of the crew shall participate in the Crew Overboard Recovery Drill.

#### **4 FEES**

- 4.1 For a registration to be complete, payment is required, and all other entry must be met or fulfilled.

- 4.2 Required fees are as follows and payable on line:

##### *All Sailboats*

Until Mar. 15th	\$78.50 CAD	+\$10.21 CAD HST =	\$88.71 CAD
After Mar. 15th	\$110.00 CAD	+\$14.30 CAD HST =	\$124.30 CAD

HST will be charged when applicable.

- 4.3 The following fee will be added for reopening registration after the registration deadline has passed.

Reopen registration	\$25.00 CAD	+\$3.25 CAD HST =	\$28.25 CAD
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- 4.4 For registrations made more than 60 days in advance of the event, the applicable fee is due at 60 days before the event, otherwise the registration will be deleted. For registrations made within 60 days of the event, payment in full is required at the time of registration.
- 4.5 LOOR will provide refunds as follows:
- 4.5.1 Full refund for requests received by LOOR by end of day, Friday, June 12, 2020



- 4.5.2 Then a 50% refund for requests received by LOOR by end of day Friday May 22, 2020. No refunds will be provided after this. The retained amount covers incurred expense.
- 4.5.3 Written requests must be sent by mail to LOOR SHTR c/o PCYC or emailed to SHTR@LOOR.CA

## **5 SCHEDULE**

- 5.1 Registration online, at the Registration and Race Document Web Site until 2359 EDT, Wednesday, May 27, 2020, the registration deadline.
- 5.2 The Mandatory Event Onsite Check-in at PCYC  
Start 1900 EDT, May 28, 2020  
End 2100 EDT, May 28, 2020  
Start 1400 EDT, May 29, 2020  
End 1730 EDT, May 29, 2020
- 5.3 [DP] [NP] The Mandatory Participants' Meeting is at 1800 EDT, Friday, May 29, 2020 at Port Credit Yacht Club. A representative from each sailboat shall attend this meeting and it is also open to all participants.
- 5.4 Fleet/Division/Classes Organization (Splits) and starting sequences will be posted before 1000 EDT May 29, 2020 on the Official Notice Board. Preliminary versions may be posted before, at the Registration and Race Document Web Site.
- 5.5 The first warning signal is at 1945 EDT, Friday, May 29, 2020

## **6 MEASUREMENTS AND INSPECTIONS**

- 6.1 [DP] [NP] All sailboats shall be reviewed for the equipment listed in the applicable Lake Ontario Offshore Special Regulations, available at the Registration and Race Document Web Site. This review will be undertaken by the person in charge of the sailboat. A sailboat must successfully complete this review prior to the start of the race. It must be completed, and the front page submitted as part of the entry to the registrar during the check-in.
- 6.2 [DP] [NP] A sailboat may be inspected at any time during the period from the Mandatory Participants' Meeting until three hours after her finish. The Race Committee may, at the finish of the race, direct a sailboat to proceed directly to a designated location at Port Credit Yacht Club. A boat, which fails to follow such direction, or which subsequently fails the inspection, may be protested by the Race Committee.
- 6.3 [DP] [NP] At its sole discretion, the Race Committee may request a Pre-Race Inspection of a sailboat. This inspection would be conducted during the Mandatory Event Onsite Check-in. The Race Committee will provide 72-

hour notice of this inspection, provided the sailboat has started registration before that time.

## **7 SAILING INSTRUCTIONS**

The Sailing Instructions will be available at the Registration and Race Document Web Site by May 15, 2020. Sailing Instructions will only be available on the Registration and Race Document Web Site.

## **8 VENUE AND THE COURSE**

The venue is Port Credit Yacht Club, with the start and finish off Port Credit Yacht Club. The course is 75 NM in length and will be from the start, to the Niagara Buoy R2, to the Burlington Weather Tower and then to the Finish Mark. See page 13 Diagram 1

## **9 PENALTY SYSTEM**

The Scoring Penalty, RRS 44.3, will apply.

## **10 SCORING**

Single-Handed (SH), Double-Handed (DH) & Fully Crewed (FC) sailboats racing under following handicap systems:

Multihull  
PHRF-LO

GLMRA Rule applies  
PHRF-LO Alternative Time on Time formula  
applies

Sailboats will be scored in their own Fleets and Divisions. The Organizing Authority reserves the right to adjust the scratch sailboat when converting the PHRF-LO Time on Distance to Time on Time based on the registrations received by the deadline. The Time on Time ratings will be published along with the division splits.

## **11 BERTHING**

[DP] [NP] Sailboats berthing at PCYC before or after the race shall follow *PCYC's Visiting Yachts' Policy*, including pre-registration, available from under "Additional Event Links" (click on this) on the Registration and Race Document Web Site.

## **12 RADIO COMMUNICATION**

Each yacht may communicate with any person, competitor, yacht, or outside source of information available using any means available throughout the race.

## **13 PRIZES**

Trophies and/or flags will be awarded to the winning yachts in each Fleet and Division.

Flags will be presented at the party on the evening of Friday, July 17, 2020

at National Yacht Club. The Sailing Instructions will provide details including method of confirmation.

A list of the trophies awarded, their eligibility requirements and selection methodology are available at [www.loor.ca](http://www.loor.ca). Details on the Awards Event will be available at a later day.

Details on Flag and Awards ceremony will be announced later.

## **14 DISCLAIMER OF LIABILITY**

Sailing is an activity that has an inherent risk of damage and injury. Competitors in this event are participating entirely at their own risk; see **RRS 4, Decision to Race**. The race organizers (organizing authority, race committee, protest committee, host club, sponsors, or any other organization or official) will not be responsible for damage to any boat or other property or the injury to any competitor, including death, sustained because of participation in this event. By participating in this event, each competitor agrees to release the race organizers from all liability associated with such competitor's participation in this event to the fullest extent permitted by law.

## **15 INSURANCE**

[DP] [NP] Each participating boat shall be insured with a valid third-party liability insurance policy with a minimum coverage of \$2,000,000 CAD per event for Canadian sailboats and an adequate level of third-party liability insurance applicable in Canadian and US waters for non-Canadian sailboats.

## **16 PHOTOGRAPH & VIDEO RIGHTS**

[DP] [NP] All pictures, audio and video recordings, graphic logos and service names contained herein or produced during the race by or on behalf of the Organizing Authorities or Port Credit Yacht Club, are the property of either the Organizing Authorities or Port Credit Yacht Club or their respective members. No rights are granted to use pictures, graphic logos, and service names without permission.

Registrants, competitors, and participants grant the Organizing Authorities or Port Credit Yacht Club (PCYC) the unrestricted right and permission to use the name and/or image for any text, photograph, or video footage of either themselves or the sailboat they are sailing during the event to be published or broadcast in any media whatsoever (including but not limited to press, TV, social media or internet), for either editorial or advertising purposes or to be used in press information.

## **17 FURTHER INFORMATION**

For further information, including social events and for docking arrangements, please see [www.loor.ca](http://www.loor.ca) or email SHTR@LOOR.CA.

For specific questions on the following, please contact:

**ORGANIZING AUTHORITY CONTACTS**

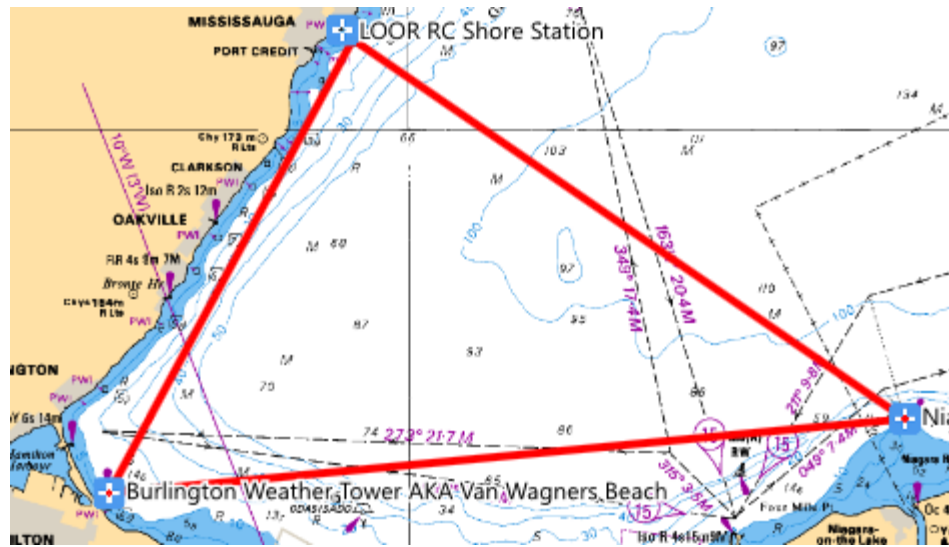
LO300	SHTR@LOOR.CA
Safety	<a href="mailto:SAFETY@LOOR.CA">SAFETY@LOOR.CA</a>
Registration	SHTR@LOOR.CA
Race Committee	<a href="mailto:RACECOMMITTEE@LOOR.CA">RACECOMMITTEE@LOOR.CA</a>

**HANDICAP SYSTEMS CONTACTS**

GLMRA	<a href="mailto:racecommittee@loor.ca">racecommittee@loor.ca</a>
PHRF-LO	Contact your club's PHRF-LO Handicapper or see <a href="http://www.phrf-lo.org">www.phrf-lo.org</a>

## COURSES

### Diagram 1



**Not be used for navigation**

**Susan Hood Trophy Race  
&  
Ontario Sailing Offshore Keelboat IRC & PHRF  
Championships  
May 29 – 30, 2020  
ENTRY CHECKLIST**

[www.loor.ca](http://www.loor.ca)

The Registration and Race Document Web Site is

[www.yachtscoring.com/emenu.cfm?eID=10703](http://www.yachtscoring.com/emenu.cfm?eID=10703)

Please refer to the Notice of Race, at Registration and Race Document Web Site, for official requirements and applicable deadlines.

Please ensure eligibility under the Racing Rules of Sailing (RRS), as stated from the RRS below:

**“46 PERSON IN CHARGE**

A boat shall have on board a person in charge designated by the member or organization that entered the boat. See rule 75.

SAIL CANADA prescribes that the designated person in charge, if resident in Canada, shall be a member of a club affiliated with SAIL CANADA.

**75 ENTERING A RACE**

75.1 To enter a race, a boat shall comply with the requirements of the organizing authority of the race. She shall be entered by

- (a) a member of a club or other organization affiliated to a World Sailing member national authority,
- (b) such a club or organization, or
- (c) a member of a World Sailing member national authority.

75.2 Competitors shall comply with World Sailing Regulation 19, Eligibility Code.”

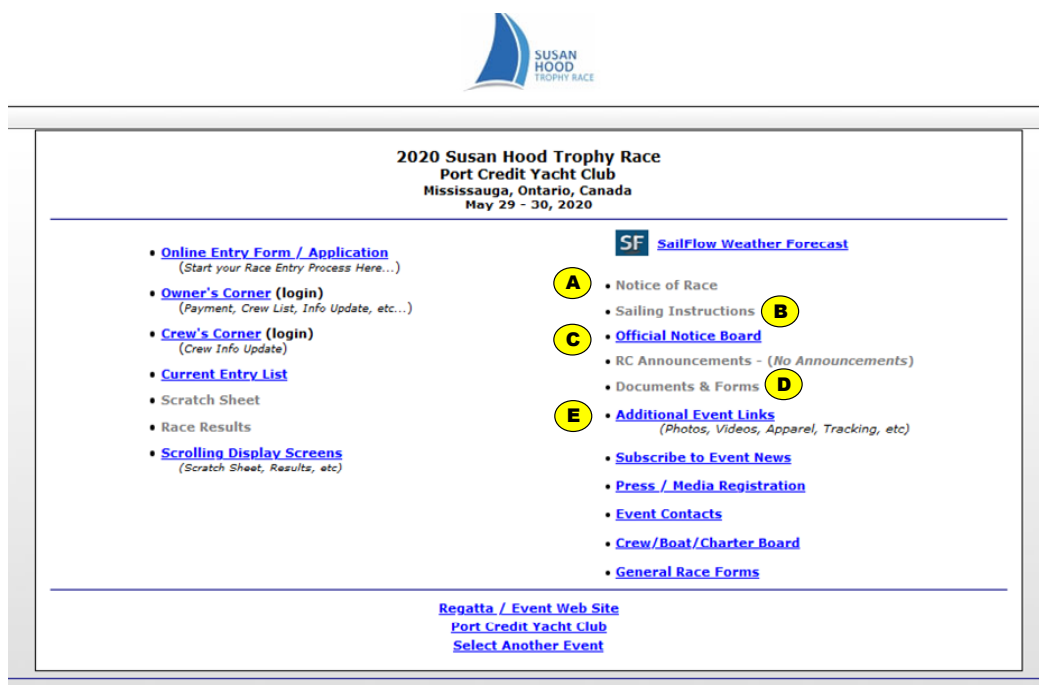
For a Person in Charge, who is an Ontario resident but is not a member of a Sail Canada yacht club, they can contact Ontario Sailing, [www.ontariosailing.ca](http://www.ontariosailing.ca), to purchase a ‘Maple Leaf Fund Right to Race Card’.

Potential registrants should review RRS 3.

## Guidelines for completing the registration and entry process:

### The Registration and Race Document Web Site is

[www.yachtscoring.com/emenu.cfm?eID=10703](http://www.yachtscoring.com/emenu.cfm?eID=10703)



- A** Click here for NOR      **C** Click here for RC Announcements      **E** Click here for link to other associated web sites, i.e., book dock at PCYC, etc.
- B** Click here for SIs      **D** Click here for other documents, i.e., LOOR OSR, Splits, etc.

Figure 1 Where to find on the Registration and Race Document Web Site

#	Requirement	How	Comments
1.	Registration	On the Registration and Race Document Web Site	
2.	LOOR Release	Electronically signed by individual submitting the online registration	
3.	Payment	On the Registration and Race Document Web Site	
4.	Rating Certificate	Upload to Registration and Race Document Web Site	
5.	Stability data	By email to SHTR@LOOR.CA	
6.	Crew information	On the Registration	Must reflect current

		and Race Document Web Site	<p>information for actual crew participating in the race.</p> <p>The Person in Charge, AKA skipper, is crew and must add/update their information in the <i>Crew List</i>.</p> <p>Use Registration and Race Document website to create logon entries for crew so they can input their information.</p>
7.	LOOR Crew Overboard Recovery Drill Certificate	Download from Registration and Race Document website and submit at race check-in, click on link shown by (C) above	
8.	Signed LOOR Offshore Special Regulations (OSR) Certificate & Sail Plan	Download from Registration and Race Document website and submit at race check-in, available as <i>LOOR Combined Form</i> , click on link shown by (C) above	



## **PCYC Concussion Policy & Protocol (Rowan's Law) Links**

- Ontario Ministry provided Concussion Resources  
[www.ontario.ca/page/rowans-law-concussion-awareness-resources](http://www.ontario.ca/page/rowans-law-concussion-awareness-resources)
- Ontario Sailing Concussion Code of Conduct – Athletes and Participants  
[www.ontariosailing.ca/wp-content/uploads/2019/06/OS-Concussion-Code-of-Conduct-Athlete.pdf](http://www.ontariosailing.ca/wp-content/uploads/2019/06/OS-Concussion-Code-of-Conduct-Athlete.pdf)
- Ontario Sailing Concussion Management & Return to Play  
[www.ontariosailing.ca/wp-content/uploads/2019/10/OS-Concussion-Management-Policy-V2-August-2019.docx.pdf](http://www.ontariosailing.ca/wp-content/uploads/2019/10/OS-Concussion-Management-Policy-V2-August-2019.docx.pdf)
- Rowan's Law  
[www.ontario.ca/laws/statute/s18001](http://www.ontario.ca/laws/statute/s18001)
- Rowan's Law Regulation  
[www.ontario.ca/laws/statute/18r0](http://www.ontario.ca/laws/statute/18r0)