

## SHRed Concussions Study Information

### What is SHRed Concussions?

SHRed Concussions is a Canadian research study funded by the National Football League's Scientific Advisory Board. There are ten Canadian Universities involved, as well as over 30 community, government and industry partners across five provinces.

### Study aims

Overall, this study's primary objective is to develop a greater understanding of concussions and their complexities, especially among high school aged athletes.

This will be done by focusing on three major areas that have to do with the handling of concussions;

1. **Prevention:** Reducing concussion occurrence
2. **Detection:** Identifying concussions and their symptoms
3. **Assessment & Treatment:** Expanding and revising handling of post-concussion recovery

### Why youth?

In North America youth account for over half of more than three million concussions. As a result, we believe that concussions and head injuries sustained by youth are a vital part of concussion research and have begun the SHRed Concussions study.

### Who are we looking for?

Soccer players aged 14-18.

### Participant role

Participants will be asked to complete annual baseline testing, report all injuries and fill out a 5-10 minute weekly questionnaire. It will primarily involve questions on sport participation, as well as questions on general health. In the case of an injury, participants will record them in the weekly questionnaire, or visit the athletic therapist over the incident. This study will take place throughout the participants' high school career (or 3 years), to allow for the identification of trends and developments over a period of time.

### Participation benefits

There are three main benefits from participating;

1. **Guaranteed access to concussion care** at the University of Calgary's Sport Medicine Centre or Innovative Sport Medicine. In the case of a concussion, participants would be able to meet with a concussion expert within 3 days of injury whereas normally, it would take up to 4-5 days to see a family physician.
2. In the case of an injury, there will be **access to a certified athletic therapist or physio therapist** for assessment of injury with large time loss.
3. Participation and contribution to research will assist in the development of a safer, lower risk sport for everyone involved!

**Your health and safety are very important to use during this pandemic, we will be limiting face to face contact until these interactions are safe to do so. We will still be provide concussion care and injury follow up during this time but through virtual assessments. If a face to face assessment is needed or recommended, we will continue to follow any and all measures set out by provincial and local health officials in order to protect your health and safety.**

### Questions? Contact us!

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