

What is SHRed?

SHRed Concussions is a research study funded by the National Football League Scientific Advisory Board. The goal of the study is to find ways to reduce concussions suffered by youth athletes and promote healthier youth sport participation. Our goal is to recruit 6000 high school students across Canada who play sports like football, hockey, ringette, indoor/outdoor soccer, volleyball, rugby, lacrosse, basketball, wrestling, cheerleading, downhill skiing, snowboarding, or sledge hockey at their school or on a non-school team and follow them for three years. Winnipeg will be one of six cities across Canada participating in this study. In Winnipeg we hope to recruit 600 high school aged students.

Who is eligible?

Any student athlete who plays football, hockey, ringette, indoor/outdoor soccer, volleyball, rugby, lacrosse, basketball, wrestling, cheerleading, downhill skiing, snowboarding, or sledge hockey (either on a school team or a non-school team) and who is ages 13-18 is eligible. You do **not** need to have had a concussion in order to be a part of the study.

What is involved?

Once a year, each student will undergo baseline testing with athletic therapists (online or in person options). This testing will happen every year. It will include questionnaires, physical testing (shuttle run, balance tests) and cognitive testing. Athletes will be shown how to enter data about their weekly sport activities into a secure online platform. You may also be asked to wear an Actigraph – a small monitor that tracks your activity levels.

Why get involved?

If at anytime an athlete sustains a non-head injury of any kind, they will be contacted by an athletic therapist working on this study within about one week to talk about their injury. If the athlete gets a head injury, they will be seen by Dr. Michael Ellis at the Pan Am Concussion Clinic within 24-72 hours of their head injury with no referral needed. Athletes will be asked to see Dr. Ellis within three days of the concussion, one week following the concussion and then every two weeks until they have been cleared to return to their sport. At every visit following a concussion, additional testing (similar to the baseline testing) will be done by an athletic therapist and other study staff to assess recovery. To thank you for your participation, you will receive a \$20 gift card after you complete baseline testing. Each week that you report your sport participation, you will be entered into a draw for two tickets to a local sporting event.

Is there a cost to participate?

There are no direct costs associated with being involved in the study. If parking costs are incurred for appointments they will be reimbursed.

Next Steps?

SHRed is currently recruiting! Contact Heather Normand - Research Coordinator at hnormand@chrim.ca or Dr. Kelly Russell at krussell@chirm.ca to get more information or ask any questions.