



2017-18

**SPORT MEDICINE &
RESEARCH SCIENCE
COMMITTEE**

ANNUAL REPORT



Sport Medicine & Research Science Committee Annual Report Toronto, ON June 2018

1. CURRENT COMMITTEE MEMBERS

ROLE	COMMITTEE MEMBER	INSTITUTION	MANDATE
Chair	Dr. Taryn Taylor	Carleton University	2017-2020
CCUPEKA Rep	Brian Roy	Brock University	2017-2020
Mental Health Specialist	Dr. Carla Edwards	McMaster University	2017-2020
Medical Representatives			
CW Rep	Dr. Preston Wiley	University of Calgary	2017-2019
OUA Rep	Dr. Lindsay Bradley	Carleton University	2017-2019
RSEQ Rep	Dr. Penny Baylis	McGill University	2017-2020
AUS Rep	Dr. David Cudmore	St. Francis Xavier University	2017-2020
Therapist Representatives			
CW Rep	Natalie Ghobrial	Trinity Western University	2017-2020
OUA Rep	Andrea Prieur	University of Toronto	2017-2020
RSEQ Rep	Etienne Fallu	UQTR	2017-2019
AUS Rep	Colin King	Acadia University	2017-2019

2. MANDATE

The Committee will ‘provide expertise and leadership to U SPORTS in order to promote a healthy and safe environment for student athletes and coaches through research, education, collaboration and policy development’. The committee will collaborate with medical and sports medicine organizations, experts in the field and member schools to create best practices, recommendations, research agendas and educational resources to assist member schools in providing for student athlete health and safety. The committee will seek approval on recommendations and policy revisions from expert advisors and its sub-committees and working groups.

“To promote and develop safety, excellence and wellness in university student-athletes, and to foster lifelong physical and mental development.”





3. MAIN WORK OF 2017-2018

- a. Held 4 committee teleconferences (2-3hr each) in Oct, Nov, Dec and Feb before the 1st face to face meeting on March 24, 2018 in Toronto at the USPORTS office
- b. Initial medical committee was appointed but moving forward the individual representatives will be elected for a 3-year term.
- c. Developed and continue to edit/revise the **Terms of Reference** of the Committee
- d. Developed a USPORTS **Release of Information form for Medical Information** to allow athletes to sign a consent to share medical information between practitioners.
- e. Updated the **Medical Guidelines/standards for National Championships** for the bid package when hosting a National Event
- f. **Injury Surveillance Initiative** (Players Health) - Letter sent out to ADs and to Varsity Therapists recommending Players Health as an injury surveillance system/software, therapist EMR and PPE. USPORTS formed a steering committee representing all four conferences in Canada that worked diligently over the past year to determine the best available platform for the collection and analysis of injury data combined with an electronic medical management system for therapist charting. The steering committee selected **Player's Health**® software based on intense scrutiny and strict criteria. Some highlights include:
 - Integrated Preparticipation Evaluation (PPE)
 - On-line mobile access by athletes, coaches, and members of your medical team to retrieve and enter injury data
 - Electronic medical records (EMR) to allow for therapist charting, file & report uploads, to maintain a comprehensive athlete file
 - Seamless communication with athletes, coaches & medical team with real-time notifications the instant an injury is documented
 - Concussion assessment and management protocols

Although participation in the Injury Surveillance & Management Initiative is not mandatory, its implementation would greatly enhance efforts to monitor, record & reduce injury in university athletes. To date, the majority of data on sports injuries in varsity athletes have been collected by the NCAA so we hope you will appreciate the value of this program to your institution, your conference and to the athletes in Canada.

- g. Developed a **Survey intake form/application** for individuals and groups requesting that USPORTS send out a survey to help streamline the current process and ensure appropriate information is being requested from the ADs, coaches etc.
- h. **Concussion Project: concussion protocol consistency/standards across the country.** A request was made to each University to submit their current Concussion Protocol for the Medical Committee to Review and provide suggestions. All universities should have a





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concussion policy/protocol that is posted and accessible for athletes and very few could easily be located.

Medical Committee recommends that there is a mandatory concussion education module for athletes and coaches to complete similar to the CCES Doping module as part of the Varsity Package and expectations. Rowan's Law will need to be respected in Ontario which includes an education component.

- i. **Mental Health Best Practices:** Document has been developed and updated, going through final draft review and then will be ready for marketing and publication, hope to have available by September 2018.
Consider the development of webinars or explore webinars currently available for education on mental health in athletes.
- j. Discussed Parasport as a long-term goal to engage universities in the idea of introducing a parasport league such as wheelchair basketball or wheelchair rugby. Be available as a medical resource for considerations about event coverage for this population of athletes. "Inclusivity needs to be a driving force behind all that we do!"
- k. **FISU Games**
Medical team applications are submitted to CASEM, CATA & SPC. Short lists can be submitted to the USPORT Sport Medicine & Research Science Committee to select the Chief Medical Officer (CMO) and the Chief Therapist (CT). Post Game Reports will now be submitted to our committee to review and ensures action is taken based on recommendations.

The Development of FISU Documents for the Canadian Team:

- FISU HST Medical Response plan in case of emergency
- FISU Protocol and Job Descriptions
- FISU Withdrawal from play
- Exit Injury Reporting Form (to improve communication with home university)

4. PLANS FOR 2018-2019

- a. Hope to include an Athletic Director contact on the committee to serve as a consultant to ensure medical ideas and priorities can realistically be incorporated into the University setting.
- b. Development of USPORTS Medical Handbook. Reviewing CanWest, OUA, NCAA references as a starting point.
- c. The formation of working groups as opposed to subcommittees for topics such as Concussion, Mental Health and Research.
- d. Decision was unanimous to NOT have a Research representative on the committee for now but instead we will call upon experts depending on the projects.





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- e. Concussion Project: We are in the final drafts of a USPORTS Concussion Statement. The plan is to also create a check list for universities for the necessary components and details that should be included in a comprehensive concussion protocol and create a sample policy that hits all the points of the checklist.
- f. Develop an official letter of appreciation to the physicians and therapists who volunteer their time at the FISU Games.
- g. **Harassment policy** at UPORT and a Harassment advisor according to policy 90.20, need to find out more details and contact information for this individual. Athletes need to be educated as to the different pathways and processes available for reporting.

Short Term (now)	Mid 2-3 years	Long Term 5years
National Concussion Guidelines/Best Practices check list	Mandatory concussion education for athletes and coaches	Injury Surveillance Database/Injury Prevention Strategy
Mental Health Best Practices publication	USPORT Medical Handbook	Position Statements on various health and safety topics
Medical Standards for hosting National Championship	Standards for AT/PT/Paramedic coverage, minimal standards for Collision/combatative sport	Para athletes/Adaptive Sport
PPE Guidelines	Shareable EAP's per site	Cross Conference Research Initiatives
Formalize FISU documents	Endorsement of existing guidelines e.g. Cardiac guidelines for pre-season screening in university athletes	Sport Medicine Symposium held in association with a national event such as Basketball nationals in Ottawa 2020
Formalize intake process for survey/research requests	PPE Standardized Document	

