



2019-2020

**SPORT MEDICINE
& RESEARCH SCIENCE
COMMITTEE
REPORT**

USPORTS.CA



1. Current Committee Members

| ROLE | COMMITTEE MEMBER | INSTITUTION | MANDATE |
|----------------------------------|---------------------|-------------------------------|-----------|
| Chair | Dr. Taryn Taylor | Carleton University | 2017-2023 |
| CCUPEKA Rep | Brian Roy | Brock University | 2017-2023 |
| Mental Health Specialist | Dr. Carla Edwards | McMaster University | 2017-2023 |
| Medical Representative | | | |
| CW Rep | Dr. Steve Martin | U Victoria | 2019-2022 |
| OUA Rep | Dr. Lindsay Bradley | Carleton University | 2017-2023 |
| RSEQ Rep | Dr. Penny Baylis | McGill University | 2017-2023 |
| AUS Rep | Dr. David Cudmore | St. Francis Xavier University | 2017-2023 |
| Therapist Representatives | | | |
| CW Rep | Natalie Ghobrial | Trinity Western University | 2017-2023 |
| OUA Rep | Andrea Prieur | York University | 2017-2023 |
| RSEQ Rep | Sean Christensen | Concordia | 2019-2022 |
| AUS Rep | Colin King | Acadia University | 2017-2023 |

2. Mandate

The role of the Committee is to provide expertise and leadership to U SPORTS in order to promote a healthy and safe environment for university student-athletes and coaches through research, education, collaboration and policy development'. The committee collaborates 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 aims to promote and develop safety, excellence and wellness in university student-athletes, and to foster lifelong physical and mental development.



3. Main Accomplishment in 2019-2020 season

- 1) New **Medical Resource Section** was created on the U SPORTS website.
- 2) Updates/Revisions to the Medical Guidelines/Standards for **National Championships**.
- 3) The Committee hosted the first **Sport Medicine Symposium** during the Women's and Men's National Championships in March. Topics included ACL injuries and prevention, ankle injuries and prevention, concussion, chronic knee pain due to patellofemoral syndrome/Jumper's knee & taping workshop.
- 4) Developed additional **Concussion initiatives**:
 - a. **Concussion Guidelines** for members for implementing, enforcing, and overseeing concussion management protocols.
 - b. FREE, trackable, bilingual, **online education course on concussions** for U SPORTS members for the Fall 2020 semester. This tool is based upon Rowan's Law will need to be respected in Ontario, which includes an awareness & education component.
 - i) This **Concussion Awareness Training Tool (CATT)** for High-Performance Athletes will be launched in (english in August / french in September) exclusively for U SPORTS therapists/medical staff to use to educate athletes on concussion.
 - ii) Funding for this project was generously provided by the Canadian Academy of Sports and Exercise Medicine (CASEM, \$10,000), U SPORTS (Sport Canada Grant \$7500), Canadian Athletic Therapists Association (CATA \$6000), Ontario Athletic Therapist Association (OATA \$3000), Atlantic Provinces Athletic Therapists' Association (APATA \$1000), and Faculty of Health Sciences at Brock University (\$1000).
- 5) The development of the **U SPORTS Medical Handbook** is underway and is looking to be completed by September 2020. The Target Audience is Medical staff & Integrated Support Team but will serve to be a helpful resource to coaches/athletes.
- 6) **Injury Surveillance: Report from Brian Roy & Amanda Black**
 - a. U SPORTS formed a steering committee in 2016 with all conference representation 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.
 - b. The Canadian Integrated Injury and Health Surveillance System (Can-IIHSS) platform aims to inform the prevention, early-identification and prognosis of all injuries, concussions specifically, and mental health concerns within Canadian university athletes. The platform aims to pool data from U SPORTS institutions using electronic data capture with standardized pre-injury demographics, mental health status, injury reporting and exposure time for their varsity program. Currently 12 of 56 U Sports institutions are using the Players Health software.
- 7) **Mental Health:**



Sport Medicine & Research Science

Committee Report

May 21, 2020

Dr. Taryn Taylor

- a. **Mental Health Best Practices Document** was developed and released in conjunction with Bell Let's Talk on January 29, 2020 and is available on the U SPORTS website.
- b. A template for a **Mental Health Emergency Action Plan** is created to allow member schools to create similar resources at their own institutions. Will be circulated once complete.
- c. The Committee developed a resource to assist student-athletes during COVID-19 pandemic. The **COVID-19 U SPORTS Mental Health Resource** discusses the evolution of emotional response during COVID-19, mental wellness, questions regarding return to sport, nutrition and know where to turn to in need. The document is on the U SPORTS website.

8) FISU GAMES

- a. Members of the Sport Medicine & Research Science Committee assisted in the selection of medical staff for the 2019 Winter FISU Games in Russia and the 2019 Summer FISU in Naples.

9) COVID 19 Return to Training/Play

- a. Dr. Taryn Taylor was selected as the U SPORTS representative on the Return to Sport Task Force (COVID 19) with Experts from the Canadian Sport System whose mandate is to develop a National Framework for Return to Sport.
- b. Dr. Taryn Taylor has served as a medical consultant on the U SPORTS Crisis Management Team and the Fall National Championship Contingency Planning Committee.
- c. A webinar was conducted by members of the Canadian Academy of Sport and Exercise Medicine (CASEM) in May to University medical and athletic staff in wanting to implement a return to play assessment tool in a university setting. The Return to Play Assessment Tool was created by the World Health Organization (WHO) and adapted by OTP and sport stakeholders.