

2021-2022



SPORT MEDICINE &

RESEARCH

SCIENCE

COMMITTEE REPORT



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 Representatives			
CW Rep	Dr. Steve Martin	U Victoria	2019-2022 Agreed to renew 2022 -2025
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 Agreed to renew 2022-2025
AUS Rep	Colin King	Acadia University	2017-2023

2. Mandate

The Committee will 'provide expertise and leadership to U SPORTS 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, 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 Accomplishments in 2021-2022 season

- 1) **Committee Meetings:** Held 3 committee teleconferences (3hrs each) in Oct 2021, Dec 2021, and January 2022. Communicated regularly via email throughout the year and will schedule a teleconference/virtual meeting to replace the annual face to face meeting that usually occurs in June.
- 2) **U SPORTS Meetings with Committee Chair:** Weekly calls with U SPORTS CSO Lisette Johnson-Stapley & U SPORTS Director of Sport Jennifer Smart August 1, 2021-January 2022 and regular phone calls during preparation and COVID protocol development prior to National Championships.
- 3) **Terms of Reference:** Continued to update and finalize the Terms of Reference of the U SPORTS Sport Medicine & Research Science Committee. Aiming to have this Committee approved as an Official U SPORTS Operating Committee no later than Spring 2023.
- 4) **COVID 19 Return to Training/Play**
 - COVID Projects updated:
 - USPORTS Guiding Principles in COVID and Return to Train document
 - Website/Resources for COVID – updated
<https://usports.ca/hq/covid-19-resources/covid-19-information>
 - i) The AUS, OUA & CanWest developed a COVID medical committee to assist with conference/regional discussions and planning and, to serve as consultants to the COVID admin committees. Members of our U SPORTS Sport Medicine & Research Science sit on each of these conference COVID committees. Many therapists and physicians in the RSEQ are keen to organize a formal medical committee to optimize standard of care, improve communication and assist with guidance in medical related issues within the conference.
 - ii) **COVID-19 Return to Play/Hosting an Event Document** was developed and constantly updated by our committee to help institutions prepare to host a game/competition during the COVID-19 pandemic. It includes overriding principles and a check list of factors to consider when hosting. Each conference and institution were then able to adapt according to local and regional Public Health guidelines.
- 5) **Medical Guidelines/Standards for National Championships:** Continued to update/revise the **Medical Guidelines/Standards for National Championships** to be included in the bid package when hosting a National Event.
 - a. COVID-19 recommendations added to the document as an Appendix to help guide host institutions during the COVID-19 Pandemic to ensure safety protocols are in place during the competition (e.g., Vaccination status, use of rapid antigen testing etc.).
- 6) **Concussion Projects**
 - a. The U SPORTS Sport Medicine & Research Science Committee recommends that there be mandatory annual concussion education for all student-athletes, coaches,



and support staff at every institution. Rowan's Law will need to be respected in Ontario which includes an awareness & education component.

- i. We developed a **FREE**, trackable, bilingual, online education course on concussion which is available to all U SPORTS organizations and was utilized by many institutions this past year. **The Concussion Awareness Training Tool (CATT) for High-Performance Student-Athletes** both complements and supplements Ontario's *Rowan's Law*. This course provides detailed information on concussion recognition, reporting, and management in the context of varsity and high-performance student-athletes, delivered in an interactive and engaging format. Modules include information on the signs and symptoms of concussion, navigating the reporting process, advice on management, how to address mental health challenges, and managing a successful return to school and sport. There was a research study component for student-athletes who accessed the module this past year and data was compiled by Dr. Amanda Black who will be presenting in one of the sessions this week at the USPORTS AGM.
 - 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 for development and \$7500 for French Translation), 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). There has also been considerable work in kind provided by CATT and our committee.
- 7) **Medical Handbook:** The development of the **U SPORTS Medical Handbook** is underway. The Table of contents has been created and can be found in Appendix A. Chapter topics were assigned to committee members and expert authors in the field. Chapters are 90% complete and being formatted for publication in time for the Fall 2022 season. The Handbook is currently over 100 pages.
- 8) **Injury Surveillance:** *Report from Brian Roy & Amanda Black*
- a) U SPORTS formed a steering committee in 2016 representing all four conferences in Canada that worked diligently 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:
 - **AFFORDABLE REDUCED PRICE FOR U SPORTS INSTITUTIONS (\$500/university)**
 - Integrated Preparticipation Evaluation (PPE)
 - On-line mobile access by athletes, coaches, and members of 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
 - b) 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, most 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 student-athletes in Canada.

- c) We have created an **Injury Surveillance Subcommittee** as part of the Medical Committee which is led by Brian Roy. We then consulted Dr. Amanda Black from the University of Calgary to join the committee and assist with the proper collection of injury surveillance data and lead the development of a Canadian wide study. Amanda has been in regular communication with Players Health and current users (15 U SPORTS Institutions) of the database to optimize its utility, improve the current platform and ensure feasible access by helping to negotiate a reduced rate that is affordable for institutions.
- d) CIHR grant has been submitted to expand this project and collect data across the country on injury surveillance regardless of the system used in a specific institution. If you have questions about the Canadian Integrated Injury and Health Surveillance System, please email caniihss@ucalgary.ca.

9) Mental Health:

- 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. The U SPORTS Sport Medicine & Research Science Committee recognizes that many student-athletes have been challenged during these unprecedented times with the COVID-19 pandemic. And while some know where to turn for support during COVID-19, others do not. As such, the Committee developed a resource to assist student-athletes. 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.

- 10) FISU GAMES:** Our committee was consulted on January 17, 2022, by the U SPORTS head office on the feasibility of the FISU Winter Games 2022 and likelihood of sending a Canadian Team. Unfortunately, we again felt that the state of the world was not at the stage where it can host this kind of event in a safe manner for student-athletes during the COVID pandemic.

11) U SPORTS Annual Conference & AGM Medical Presentation:

Organized and prepared a one-hour session to discuss:

- Canadian Athlete Cardiac Registry (Dr. Nate Moulson)
- U SPORTS Concussion Module and Research (Dr. Amanda Black)
- Canadian Integrated Injury and Health Surveillance System (Dr. Amanda Black)
- Mental Health in Athletes & Safe Sport (Dr. Carla Edwards)

Sincerely,

A handwritten signature in black ink, appearing to read 'Taryn Taylor'.

Dr. Taryn Taylor
Chair, USPORTS Sport Medicine & Research Science Committee
COPY: Lisette Johnson-Stapley, Chief Sport Officer, U SPORTS