



# SPORT MEDICINE & RESEARCH SCIENCE

**2022-2023**

**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
Research Chair	Dr. Amanda Black	University of Calgary	2023-2026 *New Position
<b>Medical Representative</b>			
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
<b>Therapist Representatives</b>			
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 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.

### 3. Main Accomplishments in 2022-2023 season

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- 1) **Committee Meetings:** Held 3 committee teleconferences via Zoom (2hr each) in Oct 2022, Jan 2023, and April 2023. Communicated regularly via email throughout the year and will schedule a virtual meeting in the summer prior to the varsity season.
- 2) **Terms of Reference:** Continued to update and finalize the Terms of Reference of the U SPORTS Sport Medicine & Research Science Committee. We added a new position/member in May of 2023. Dr. Amanda Black will be the incoming Research Chair with a 3-year term.
- 3) **Medical Guidelines/Standards for National Championships:** Continued to update/revise the document to be included in the bid package when hosting a National Event. Final revisions were completed in April of 2023. It is requested that these be more visible and accessible to ensure standardized care across the country.
- 4) **Concussion Projects**
  - a) The U SPORTS Sport Medicine & Research Science Committee recommends that there be mandatory annual concussion education for all 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 2 years. **The Concussion Awareness Training Tool (CATT) for High-Performance 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 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.
    - ii) There was a research study component for athletes who accessed the module this past year and data was compiled by Dr. Amanda Black (Research Chair).
      - To date, across 3 seasons, there have been 22,193 CATT certificate completions by USports institutions and 2791 completions by non USPORTS groups.
      - There are currently 22 Universities that have implemented the tracker associated with mandating the tool but based on annual completion rates it looks like 30/56 have implemented it (7/11 AUS, 3/8 RSEQ, 9/20 OUA, 11/17 Canwest) and 53/56 have at least 1 certificate completion.
      - Preliminary analysis suggests increase in athletes skills, beliefs about capabilities, reporting intentions and teammate reporting intention.
      - Future work could include another survey assessment now that we have more implementation, understanding the effect of education longitudinally during a non



COVID season, understanding the knowledge, beliefs and behavior of USPORTS coaches, understanding the concussion culture.

iii) **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.

5) **U SPORTS Medical Handbook:** The development of a Medical Handbook is close to completion and will be available on the USPORTS website. It will be a living document to allow us to easily update and add chapters as necessary. It is currently in English with only one chapter translated into French. The goal will be to have the entire Handbook translated into French which may require grant funding to finalize. Chapter topics were assigned to committee members and expert authors in the field. The Handbook currently has 30 chapters well over 150 pages.

6) **Injury Surveillance:**

- 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.
- a) 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.
- b) Can-IIHSS (Canadian Integrated Injury and Health Surveillance System) project:
  - Successful with CIHR grant funding
  - Researchers plan to start prospective surveillance in August 2023.
  - Received ethics approval to have the ability to upload data into the database depending on the EMR the university is using. While we appreciate not every university will use the same software, we need to work towards harmonizing the information institutions are collecting.
  - Dr. Amanda Black and her team at the University of Calgary is building a website with all study information that will be shared for ongoing enrollment.
  - There were 16 universities on the CIHR grant and our goal is at least 20 collaborating universities will participate and we are working to get data transfer agreements and ethics in place.
  - We also need to update the list of injury surveillance softwares that institutions are currently using so assistance from USPORTS to send out communication will be helpful.
  - Participating universities will receive a small honorarium for uploading data and annual reports regarding their injury rates that is covered by a portion of the grant.
  - The research program structure includes a scientific committee and a clinician committee who will meet annually and discuss next year's data collection.



- We also want to include coaches and athletes on our committees to make sure our research questions and findings serve these communities to help develop injury prevention strategies.
- Questions about the Canadian Integrated Injury and Health Surveillance System can be directed to Dr. Amanda Black or [caniihss@ucalgary.ca](mailto:caniihss@ucalgary.ca)

**7) Mental Health:**

- a) Mental Health Best Practices Document** was developed and released in conjunction with Bell Lets Talk on January 29, 2020 and is available on the website. This document continues to be updated and now includes a **Mental Health EAP**. The Mental Health Best Practices Document still waiting on French translation with USPORTS as RSEQ has requested a French version.
  - b)** Dr. Carla Edwards attended the NCAA Mental Health Meetings. We hope to co-author some of the NCAA updates that focus on education, prevention and best practice recommendations. Our committee would support USPORTS endorsing the updated NCAA Mental Health Guidelines when they are complete.
  - c)** Plan to submit a document to U SPORTS on Maltreatment of Athletes in Sport written by Dr. Carla Edwards. Discussed the importance of strengthening our stance on Safe Sport and assist U SPORTS as a leading organization in Canada and the need to communicate a strong voice when it comes to athlete safety. This will be a best practices document to encourage all U SPORTS institutions to have strong education, reporting pathway and policy in place.
- 8) **COVID-19 Return to Play/Hosting an Event Document** was developed and updated by our committee to help institutions prepare to host a game/competition during the COVID-19 pandemic. It includes over riding principles and a check list of factors to consider when hosting. Each conference and institution was then able to adapt according to local and regional Public Health guidelines. This will be updated once the SMAC (Sport Medicine Advisory Committee) release their upcoming recommendations before the summer of 2023.

Sincerely,

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

Dr. Taryn Taylor

Chair, USPORTS Sport Medicine & Research Science Committee