



Are you in high school? Do you play ringette?

We want YOU to join our
concussion study!



SCAN ME

SHRED Concussions
Surveillance in High School to REDuce Concussion

3 reasons you should sign up:

- Have access to a concussion expert, if you suffer a concussion
- Free assessment of any injury during the study
- Make an important contribution to understanding concussion in sport

What would you need to do?

- If you get injured, notify the study therapist and get an assessment
- Weekly 5 minute online questionnaire on sport participation & injury
- Annual baseline testing including performance measures, online surveys and other assessments

Your health and safety are very important to us. We will still be providing concussion care and injury follow up, but through virtual assessment. If a face to face assessment is needed, we will follow all measures set out by provincial health officials in order to protect your health and safety.

Please don't hesitate to contact us!

National Research Coordinator: Shane Esau
Email: SHRedConcussions@ucalgary.ca
Phone (work): 403-220-3113
Phone (cell): 403-461-4025



Sign up at: **SHRedConcussions.ca**

How to sign up:

1. Have your parents go to **SHRedConcussions.ca**
2. Have your parents create a **parent account**
 - Enter their email and create a password
 - Read and sign the parental consent
3. Your parent will receive an email from SHRedConcussions.ca asking to verify their email address
4. Your Parent must login to their account
 - login at SHRedConcussions.ca
5. Parents Click on the **"Add Child"** tab
 - Enter child's name, birthdate, school and email
6. You (the participant) will then receive an email from SHRedConcussions.ca
 - **Click link in email**
 - read and sign the assent from
7. Enter a password to **create YOUR account**
 - Please complete all baseline questionnaires on your account
 - Remember to log in weekly to complete online activity surveys

About SHRed:

SHRed Concussions is a large Canadian research study that was funded by the National Football league's (NFL) Scientific Advisory Board to better understand how common concussions are in high school athletes.

We are looking at:

- how to prevent concussions from occurring
- how to detect and diagnose concussions
- how to manage concussions to get athletes back playing sport faster

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB18-2107)



This study has been approved by the University of Calgary Conjoint Health Research Ethics Board (REB18-2107)

