

Do you or your child play U16 or U19 Ringette?

Join our concussion study today!

3 reasons you should sign up:

- Follow-up available with a physician with concussion expertise
- Assessment available following a significant sport-related injury
- Contribute to a greater understanding of sport-related concussion

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

Over 14 years old? How to sign up:

1. Follow this link to sign up for the study:
 - <https://is.gd/ShredConcussions>
2. You (the participant) will then receive an email from SHRedConcussions.ca
 - **Click link in email**
 - read and sign the consent form
3. 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

Questions?

E: shredconcussions@ucalgary.ca

P: 403-461-4025

Do you have a suspected concussion?

Call: (403) 220-6336 to book an appointment with a study sport medicine doctor & follow up with your study therapist

Under 14 years old?

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, Calgary Ringette & email
6. You (the participant) will then receive an email from SHRedConcussions.ca
 - **Click link in email**
 - read and sign the assent form
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