

ATV AND SNOWMOBILING

In Saskatchewan, the rate of ATV injury is 22 for every 100,000 ATV riders. Brain Injuries are the most common injury resulting from ATV accidents.

Brain injury is the number one cause of death in snowmobile injuries. The leading cause of these injuries are collisions.



TIPS...

- Enroll in an ATV or snowmobile safety course
- Always carry an emergency kit and get first aid training
- WEAR A HELMET!
- Know your skill level
- Children under 16 shouldn't operate an ATV or snowmobile
- NEVER drink and ride
- Use the Buddy System

**Protect Your
BRAIN!**

SKIING AND SNOWBOARDING

74% of brain injuries occur when skiers' heads hit snow,
10% occur when they collide with other skiers
13% occur when they collide with fixed objects.

Ski Helmets can reduce brain injuries by 35% overall and by more than 59% for children under the age of 13.

TIPS...

- Wear a **HELMET** approved for winter sports. It should fit snugly, yet comfortably.
- Wear proper equipment, whether purchased ahead, or rented at the hill.
- If you wear glasses, wear them on the slopes.
- Wear goggles or sunglasses that block out UVA/UVB rays and reduce glare.
- Know the rules of the hill. Training is important. Instructors can teach you basic techniques, including how to stop, turn, fall, and get up.
- Watch for obstacles, jumps, barriers, trees and other skiers.

AVOID:

- Hills that exceed your skill level
- Unmarked or closed trails
- Areas with obstacles such as trees



A CONCUSSION IS A BRAIN INJURY

In many sports, players downplay or deny their symptoms to avoid being pulled out of the game. It's important for coaches to know a player's personality as well as the symptoms of concussion. Although sometimes overlooked in the heat of play, knowing the signs can help prevent further brain injury and long-term brain damage.

In North America more than 750,000 brain injuries like concussions are reported annually. If a player returns to play and suffers further head trauma, the resulting brain injury can be catastrophic, possibly even fatal.

**When in DOUBT
SIT it OUT!**

If a player shows *any* symptoms of concussion, the coach should immediately remove the player from play, *regardless of objections*. The player should then be carefully monitored and assessed by a medical health professional, as some concussion symptoms are not immediately obvious.

No player should return to play until cleared by a physician. The player should show no signs of concussion at rest or under exertion.

A single concussion quadruples the odds of subsequent injuries which can happen more easily and take longer to heal. Multiple concussions can cause deteriorating cognitive function, depression and have been connected in recent research to dementia, Parkinson's and ALS.

**DON'T RISK
YOUR FUTURE!**

**TAKE
BRAIN INJURY
OUT OF PLAY**

 Saskatchewan
Brain Injury
Association

Phone: 1-888-373-1555
Website: www.sbia.ca


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SWIMMING AND BOATING

Risks of non-fatal drowning:

Near drowning reduces oxygen flow to the brain, which can result in permanent brain injury. This can involve memory loss, learning disabilities, or even leave the individual in a vegetative state.

Annually, almost 6000 children under the age of 15 are treated in North American hospital rooms for near drowning injuries. Many are left with permanent injuries, including brain damage.

**Have Fun and
BE SAFE!**

Update training in basic water rescue skills, first aid, & CPR. Ensure both you and your children know how to swim.

ALWAYS:

- Wear a lifejacket when on the water
- Watch your children in and near water
- Have fences around backyard pools



SOCCER

The contact in a soccer game is similar to other high-impact sports such as hockey, football and boxing.

Heading the ball involves risk but injuries also occur when players hit each other or the ground.

**RESPECT the
UNEXPECTED!**

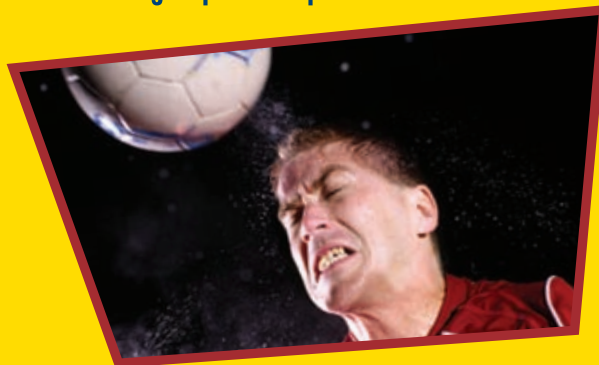
There are over 4,700 head injuries in Canadian soccer players, aged 5-19 years old, each year.

A soccer ball can travel 100 km/h.

Repeated low impact hits, like those from heading, increase the risk of long-term brain damage, given the large amount of heading in soccer. (Spiotta, Bartsch, & Benzel, 2012)

TO AVOID BRAIN INJURY IN SOCCER:

- Head the ball correctly. Ask a coach or professional about proper heading technique
- Ensure the ball is the appropriate size for the players
- "No Heading" should be the rule for young players
- Ensure goal posts are padded



FOOTBALL

46,000 BRAIN INJURIES OCCUR IN FOOTBALL EACH YEAR.

In 2009, a study by the National Football League revealed that Alzheimer's disease and other memory-related diseases are 19 times more common in former NFL players than in the rest of the male population aged 30 to 49. (Weir, Jackson, & Sonnega, 2009)

Other studies found that former players who suffered concussions were more prone to depression.

An average life expectancy of only Fifty-Five for those who played professional football for more than five years was found by a recent study. (Glueck & Gihak, 2006)



HOCKEY

THERE ARE MORE THAN 8,100 BRAIN INJURIES IN HOCKEY IN THE UNITED STATES EACH YEAR.

In Canada, those that play hockey are at the highest risk of receiving a concussion, compared to all other sports. Violence in hockey is said to contribute to this heightened risk. (Concussions Change Brains, 2010)

**IT'S NOT WORTH
TOUGHING
IT OUT!**

TIPS WHEN TAKING A HIT:

- Raise your hands, arm, or shoulder up to protect your head during the collision
- Never put your head down for the hit
- If you can't get a part of your upper body up to cushion the collision, keep your head up to prevent it from hitting the boards

Training Resources
and More Information at:

www.sbia.ca/sports.aspx