Dear Argyle Basketball Players,

This season our teams will be participating in SHRed Concussions research, please find below more details on the research and your involvement.

**What is the research?**

SHRed Concussions is a pan-Canadian study involving athletes from across the country, and Researchers at the BC Injury Research and Prevention Unit (BCIRPU), BC Children’s Hospital, and the University of Calgary are looking to learn more about concussion injuries among high school students who play higher-risk sports.

As you know, there are numerous health and social benefits for youth who participate in sport. However, there is also an inherent chance of getting injured, and one of the injuries that can happen is a concussion. Most youth recover, but some continue to have symptoms that persist for a long period of time. Symptoms such as headaches, dizziness, fogginess, sleep problems, and emotional distress can make it difficult for youth to return to school and sports.

Researchers at BCIRPU and the University of British Columbia will help gather information from high school athletes (ages 13-17) to improve the ways in which concussions among young athletes can be prevented, recognized, managed, and treated.

**How do I participate in this study?**

Researchers will attend training sessions on January 9th after school (time TBA) and complete baseline assessments with all players who wish to participate. Baseline assessments will include:

* Fitness measures,
* SCAT-5,
* Height and weight

This is expected to take 20-25 minutes per player. Following this, SHRed players will be asked to track their participation in their games/practices every week. To participate in this study please contact [shred@bcchr.ca](mailto:shred@bcchr.ca) to complete consent and register.

**Benefits for Players**

If a participant does get a concussion during the study period, they will be assessed by a study team doctor, who specializes in sports-related concussion, within 72 hours of their injury. They will also repeat some of the same tests they completed at baseline. The participant may also be invited to do an optional blood draw and/or MRI scan.

**ACTION**

To participate in this study please have your parent and yourself complete the informed consent documents and return your forms to the office by December 9th, 2022 or, contact [shred@bcchr.ca](mailto:shred@bcchr.ca) to complete consent and register.

Thank you for your participation in this research. Information learned from the study will help improve concussion care for youth athletes, allowing them to return to school and sports safely.

Participation in SHRed Concussions is completely voluntary. For more information about the study please respond directly to this email or call the Study Coordinator, Dr. Shazya Karmali, at (604) 875-2000 x 5478 or email (shazya.karmali@bcchr.ca).

**Ethical Approval**

This study has been reviewed and received ethics clearance through the University of British Columbia’s Research Ethics Board (H19-00037). If you have questions for the Board, you may contact the University of British Columbia Office of Research Ethics by e-mail at [RSIL@ors.ubc.ca](mailto:RSIL@ors.ubc.ca) or by phone at 604-822-8598 (Toll Free: 1-877-822-8598). For all study-related questions, please feel free to contact me.

Kind Regards,

Mr. John Crowley, on behalf of

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