

# Are you between the ages 13-17? Do you play rugby in the Lower Mainland?

You could be eligible to join our project about concussions!

## Why sign up?

- Get expedited access to concussion specialists if you sustain a concussion over the course of the project
- Help advance our understanding of concussions in rugby
- Be part of a Canada-wide project exploring concussion awareness, prevention, treatment, and management

## What would you need to do?

- Complete a 5-minute weekly questionnaire on sport participation and injury
- Notify study coordinator if a concussion is sustained to receive expedited medical care from a concussion specialist

## How do you sign up?

Please contact the project coordinators at [shred@bcchr.ca](mailto:shred@bcchr.ca) or **604-875-2000 ext. 5478** for more information regarding next steps

To ensure your safety and reduce the spread of COVID-19, concussion assessment will occur virtually unless specified by physicians.



## About SHRed:

SHRed Concussions is a Canada-wide concussion treatment and awareness study targeting youth, and is funded by the National Football League. The goal of this research is to evaluate and improve concussion awareness and management among youth, and to develop effective tools to inform concussion treatment in the future.