

RETURN TO PLAY

are your athletes at risk?

Wednesday, December 7, 2011

How can physical activity help reduce the incidence of injury in sport? Do helmets prevent concussions? How can coaches and parents minimize the risks for our athletes?

Navigating the current landscape of sport safety among current news headlines was the topic of conversation on **Friday, December 2, 2011** at Sunnybrook Health Sciences Centre. Barrie Shepley, CAO Vice-Chair and a National Triathlon Coach sat down with Dr. Susan L. Forbes, a leading Canadian expert on sport safety to make sense of the headlines and research bombarding the public airwaves. Dr. Forbes is an Adjunct Professor in the School of Kinesiology at Lakehead University and the Research Project Manager for Play It Cool.

"One of the best things you can do for a child is to make sure they have physical literacy. If you are fairly agile and have a good sense of balance, you are less likely to fall over," said Susan Forbes. "We also need to be conscious that we're introducing sport skills at an appropriate age level and thinking about safety when we're teaching those fundamental skills."

If you missed the webinar, you can catch it online, anytime by visiting the return to play section of the CAO's website (www.coachesontario.ca)

In August 2010, the Coaches Association of Ontario and RBC's First Office for Injury Prevention at Sunnybrook Health Centre launched the Return To Play Series of Webinars to educate coaches, parents, officials, teachers, and sport administrators on making the right decision when injury occurs.

All information presented in "Return to Play" is intended for informational and educational purposes. The info is not intended nor suited to be a replacement or substitute for professional medical advice relative to a specific medical question.

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