



Checking in Hockey

“A Timeline for Change”

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Hockey Canada***

June 24, 2013





Advisory Group Recommendations

Motion (Recommendation #1):







*In divisions of **Pee Wee** and below and Female hockey, a Minor penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct penalty shall be assessed any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves or pushes any opposing player. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed.*





Key Research



-  040715_Risk Compensation_Meeuwisse.pdf
-  100609_Risk of Injury_Emery.pdf
-  110315_BC Rates of Injuries_Cusimano.pdf
-  110809_Injury Risk_Body Checking_Emery.pdf
-  121203_Effectiveness of Interventions_Cusimano_CMAJ.pdf
-  130315_Study on Concussions_Cusimano.pdf





What Did Research Tell Us?







- **3-fold increased risk of injury** in Pee Wee Hockey players in leagues where body checking is allowed compared to leagues where it is not allowed (Emery et. al.)
- **4-fold increase risk of concussion** in Pee Wee Hockey players in leagues where body checking is allowed compared to leagues where it is not allowed
- body checking as the single most consistent risk factor for concussion in youth ice hockey
- **injury and concussion rates in Bantam players in Quebec and Alberta are the same** - “no protective effect.”





Key Position Papers



-  1988_CASM_Position Paper.pdf
-  060815_Commentary_BC_Norris and Carson.pdf
-  121102_CPS Position Paper_Body Checking.pdf
-  130415_Body Checking_fact_sheet.pdf
-  910911_CAHA Bulletin_Position Paper.pdf
-  980601_Body Checking Discussion Paper_Carson.pdf





Canadian Academy of Sports Medicine

“It is the position of the CASM that there are areas of significant prevention that can be utilized and developed at all levels of hockey to reduce the injury rate significantly. Canada, from its unique position as a world leader in the development of and participation in the game of hockey, can assume a leadership role in the future development and ongoing safety.”

CASM, 1988





Advisory Group Recommendations

Recommendation #2

Hockey Canada and its member Branches adopt the definitions for Body Contact and Body Checking as the national standard.

Both of these terms are defined in the Hockey Canada resource entitled “Teaching Checking: A Progressive Approach”





Body Contact

Body Contact

- *Incidental contact of two opposing players in pursuit of the puck or position on the ice moving in the same direction. Body contact occurs as a result of movement by the offensive player. (Canadian Hockey Association, 2002)*





Body Checking

Body Checking

- *An attempt by a player to gain an advantage on the opponent with the use of the body. Body checking results when two opposing players collide while skating in opposite directions or when positioning and angling allow the checker to use the force of the body to gain the advantage. (Canadian Hockey Association, 2002)*





Advisory Group Recommendations

Recommendation #3

A Hockey Canada and Branch workgroup build a mandatory national checking educational and instructional resource program for implementation in the 2014-15 season, to support the progressive implementation of checking skills at the Atom and Peewee level and to better prepare players for body checking at the Bantam and Midget level.



Resource Development Working Group

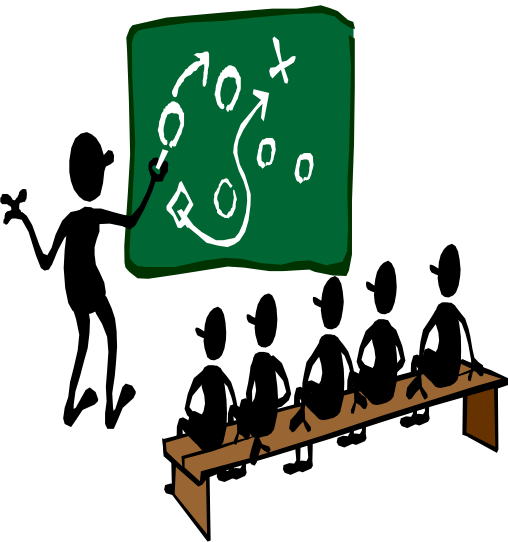
- Branch Expertise
- Existing Resources

Resource Refinement

- Coaching Manual
- Instructional Clinic
- Video support

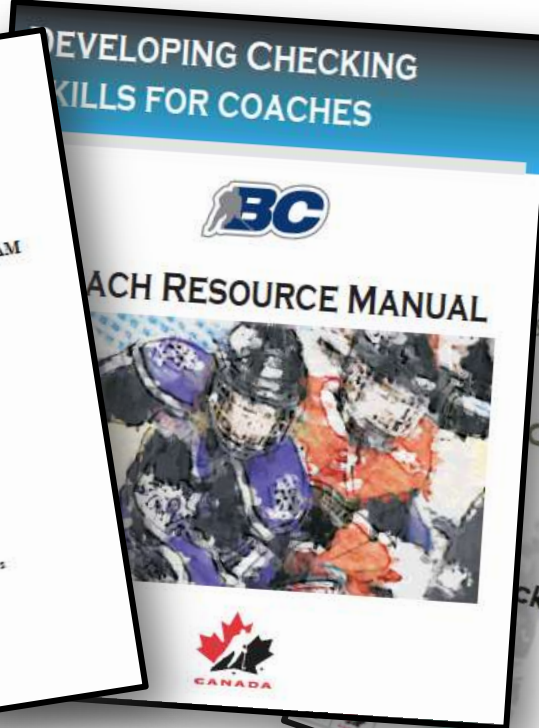
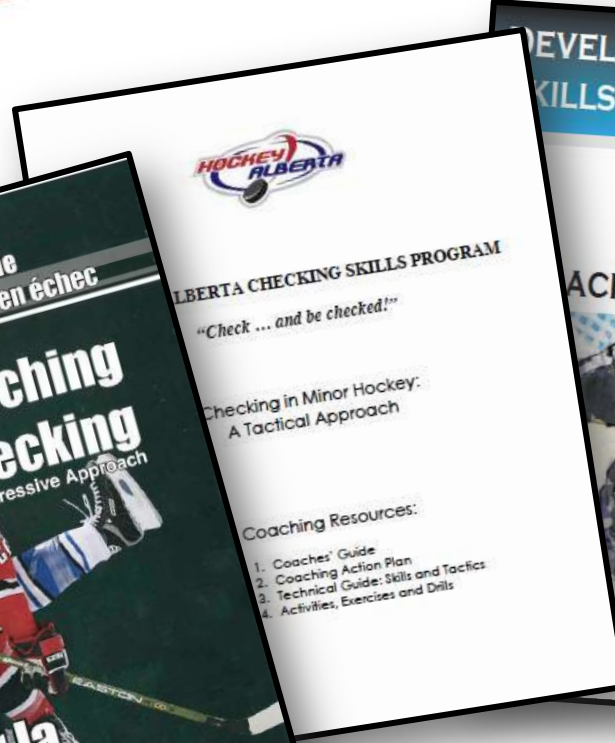
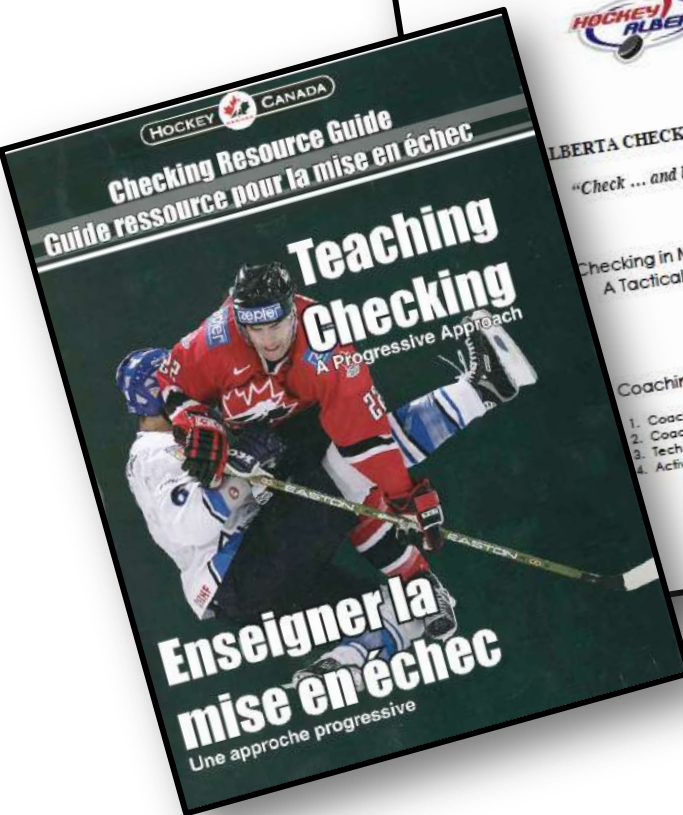
Train the Trainers - Proven Strategies

- Branch Technical Directors' Meetings
- Branch Lead Training - Resource Distribution





World Leading Resource



Be Concussion SMART!
HOCKEYCANADA.CA/APPS

» Click here

How a Concussion Occurs

Click the tabs below to see actions that can lead to a concussion.

Direct Impact To Head | Head-to-Head/Body/Body-to-Head | Direct Impact Due to Fall | Indirect Impact

THE ACTION	THE RESULT
<p>Causes impact to the head causes the head to snap forward, back or to the side. Possible causes: impact to the head by another player or sports equipment (stick, stick, protective equipment etc.)</p>	<p>When the head snaps, the momentum causes movement of the brain within the skull leading to an alteration of brain function, causing concussion signs and symptoms.</p>

I think I'm pretty tough but
I'm not INVINCIBLE.



Advisory Group Recommendations

Recommendation #4

Hockey Canada continues to work collaboratively with research groups to investigate a number of areas of the game including but not limited to: injury rates, return to play protocols, skill acquisition, knowledge translation of coach education, and ongoing trends in registration.





Additional Considerations

Long Term Player Development

- *Progressive Skill Development continuum*
- *The need for practice to promote skill acquisition*
- *Active for Life Initiatives*

Research of Knowledge Translation

- *How does education & training transfer to the practice environment and lead to player development*

Recruitment and Retention Initiatives

- *Creating safe and positive sport experiences*
- *Hockey as the sport of choice*



Players Safety

- *Minimizing the risk of injury*
- *Minimizing the risk of concussions in sport*



Recruitment and Retention

- *Recruiting new participants*
- *Retaining players through the Peewee and Bantam*
- *Recruitment and retention of young officials*

Enhanced Skill Development

- *Skill acquisition in all areas of the game*
- *Progressive checking skills instruction*



“A Timeline for Change”

Thank-you

