



FACT SHEET

What the research tells us today:

- There is a 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 (AB data).
- There is a 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 (AB data).
- Evidence is consistent in recognizing body checking as the single most consistent risk factor for concussion in youth ice hockey.
- The vast majority of studies (16/18) examining the association between rules allowing body checking and injury risk, demonstrate a 2 to 4-fold increase of injury in leagues where body checking is allowed.
- The rate of injury and concussion in Bantam players in Quebec and AB is the same.
- The rate of concussion in Pee wee hockey players where Body Checking is allowed (1.5 concussions per 1000 player game hours) is similar to the rate for players in the NHL (1.8 concussions per 1000 player game hours) and significantly higher than in older age groups (Bantam rate is 0.9 concussions per 1000 player game hour).
- Entry into adolescence is a critical period in brain development (11-13 years).
- The rate of concussion increases with increasing skill level of play with the highest risk at the most elite levels of play.

