

Social Influences on Return to Play Following Concussion in Female Competitive Youth Ice Hockey Players

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Thank You!

Hockey players in your association participated in our research which aimed to better examine the perceived social influences (i.e., coaches, parents and teammates) during the Return to Play process for female competitive youth ice hockey players who have suffered from a concussion. Results of this research have added valuable understanding to the area, and we could not have done it without you. Please take a moment to read through this document and gain a better understanding of the research projects that were completed and the key findings that were discovered. Your contributions have not gone unnoticed and we greatly appreciate the time and effort you and your athletes put into this project. Thank you!

What Were the Goals of this Project?

To examine the perceived social influences (i.e., coaches, parents, teammates etc.) and athletes' experiences (e.g., emotions and feelings) on female youth ice hockey players during the Returned to Play process following a concussion.

What Did We Do?

Five female competitive youth ice hockey players from four teams who have previously suffered a concussion and have Returned to Play, participated in one-on-one interviews at one time point during their regular season.

What Were the Key Findings?

Coaches, teammates, parents, siblings, and teachers were found to play an influential role in female athlete's Return to Play process following a concussion.

Coaches, teammates, teachers, and parents were viewed as *Compassionate, Supportive, and Protective*; although, some parents and siblings were identified as *Pressuring*.

Study findings support the importance of concussion management education systems for coaches, parents and athletes, and highlight the importance of supportive relationships for concussed athletes within their home, school and athletic environments.

Public information about concussions and injury protocol can be found at: www.parachutecanada.org/concussion

FUTURE DIRECTIONS:

- (a) Replicate the study across multiple sport contexts to examine potential differences among athletes (e.g., age, gender, competitive level - recreational vs. elite).
- (b) Conduct multiple interviews with participants throughout the RTP process.
- (c) Examine the RTP process from other perspectives (e.g., parents, coaches, siblings).

FOR ADDITIONAL INFORMATION:

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