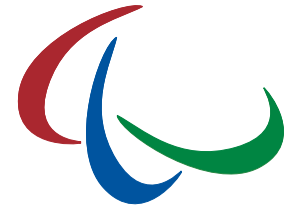


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Athlete health and safety issues in Ice Sledge Hockey

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Sport Characteristics



- 3 periods of 15 minutes each – 12.5% longer than Wheelchair Basketball & 95% longer than Goal Ball
- Speed
- Physical contact
- Hand / Eye co-ordination
- Core Strength / Upper Body Strength



Sport Characteristics



- Anaerobic & Aerobic Conditioning – a game of constant speed with uninterrupted play – 40-50 second shift with 70 – 80 seconds of rest in order to maintain peak performance
- Lung mechanics and vital capacity are affected by the severity of spinal cord injuries and thus affect breathing which is essential to peak performance
- Skills of the Sport
 - Skating
 - Puck skills



Athlete Development

- Since 2002 there has been an evolution in terms of the age of the players (younger); skill; strength and speed of the athletes and, as a result – the Game!
- Athletes at the elite level now train 10+ months a year – On & Off the Ice
- This transformation has impacted (both positively & negatively) the number and nature of the injuries we now see in our Sport
- The overall demands of the sport have impacted age and the need for increased training and safety.
- Reflexes; eyesight and conditioning play a significant part in being able to adjust to the demands of the game
- Improved coaching competency has increased athlete performance



Types of Common Injuries

- Cuts from Stick “picks” on the lower extremities; mid-section; and back area
- Shoulder injuries as a result of “over-use” and game “contact” (players/boards)
- Injuries as a result of contact with a “Sledge” normally affecting the lower extremities
- Injuries as a result of contact with a “puck” normally affecting the upper body





Injury Prevention

- Training
- Equipment improvements (and requirements)
- Playing Rule Changes
- Rule enforcement and improved Officiating





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Thank you!

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