



# AA Ringette Calgary Foundation (2013) Committee Meeting MINUTES

March 6, 2024

Stew Fairbanks Room, Flames Community Arena

Attendance: 25 (Quorum = 22)

BOARD	U14AA-1 BLUE	U14AA-2 WHITE	U14AA-3 RED	U16AA-1 STRIKE	U16AA-2 ATTACK	U16AA-3 PEAK	U19AA-1 CREW	U19AA-2 COMBAT
Cheryl Barnabe <i>President</i>	Caley Cobbe-Gareau		Erin Seaman	Michelle Coli <i>Awards</i>	Stefanie Bichsel	Charitina Stelbaska	Allan Russell	Melody Rock <i>EGRT</i>
Sean Jozsa <i>VP Ops</i>	Alex Miller <i>Coach Admin</i>		Yvonne Choe	Brad Kane	Angela Rudnicki <i>Team Photos</i>	Annette Kolisnyk <i>Ice</i>	Jenny McConaghy <i>Managers</i>	Greg Falconer
Heather Henning <i>VP League</i>	Kristy Assaly <i>Banquet</i>			Cam Heise	Adrian Mitchell <i>Equipment</i>		Brad Tilford <i>Intro Skate</i>	Liane Falconer <i>Casino</i>
Michelle Byers <i>Treasurer</i>	Davor Gugolj <i>U14 Task Force</i>							
Becky Scheer <i>Secretary</i>								

- 1) **Call to Order:** 7:00pm
  - Land Acknowledgement read
- 2) **Approval of Agenda:** Motion to approve agenda made by Brad Tilford, seconded by Jenny McConaghy. All were in favour. Motion carried.
- 3) **Approval of Minutes from Jan 24, 2024 Meeting:** Motion to approve minutes made by Heather Henning, seconded by Greg Falconer. All were in favour. Motion carried.
- 4) **2023/24 Committee Reports**
  - **President** (Cheryl B.)
    - Tournament attendance: acknowledging our teams that participated in tournaments recently
      - Gloucester: U16AA Peak won silver, U16AA Strike placed 5th
      - Guelph: U19AA Combat won silver in OT
      - Richmond Hill: U19AA Crew won silver in OT
      - Spruce Grove Sweetheart: U14AA White won silver, U14AA Red placed 4th
      - RAB Provincials:
        - U14AA: Blue won bronze, White placed 6th, Red placed 8th. Congratulations to Blue for advancing to WCRCs in Calgary. We also extend our congratulations to White and Red for their excellent seasons.
        - U16AA: Strike won gold and is Team Alberta, Attack won silver, Peak placed 4th. Congratulations to all three teams for advancing to CRCs in New Brunswick.
        - U19AA: Combat won gold and is Team Alberta, Crew won silver. Congratulations to both teams for advancing to CRCs in New Brunswick.
      - We look forward to celebrating all our teams at the banquet in April!



- Ringette Calgary updates
  - CRL had lots of disciplinary issues again this season, however Cheryl is happy to report that there were none originating from AA this year. Thank you everyone!
- RAB updates
  - RAB's AGM is on May 4 and 5; looking for nominations for new board members
  - currently we have Brandon Campbell serving on the RAB board, but would welcome any others from AA who might also be interested in putting their name forward
- AA Calgary – Board roles
  - all Board positions open for nominations in the fall; please consider a role and let us know if you are interested in shadowing now as many roles have key learning over the off-season
- **VP League (Heather H.)**
  - Ice Allocator (Annette / Cristina):
    - all schedules assigned to teams still playing into March; everyone has about 3 full ice per week
  - Equipment Coordinator (Adrian):
    - equipment return - planning a date, stay tuned for info to be communicated
    - jersey redesign project
      - working on getting the proposal out to vendors
      - hoping for a quick turnaround on samples so we can show at banquet
  - Safety Lead (Cheryl):
    - Shoulder Pads mandate: discussion continued from last meeting to allow for further feedback
      - presentation shared with data on injuries in ringette (**see slides at end of minutes**)
        - ringette has highest frequency of concussions of all other sports studied
        - ringette also has a high frequency of severe body contacts as compared with hockey, with forwards reporting the most injuries and U19 as most prevalent age group
        - shoulder pads - while not as effective for dislocation injuries or broken collarbones, they are effective for preventing or mitigating force / impact injuries and bruising, cuts, etc
        - mouthguards - effective at concussion prevention, uptake may be difficult, however UofC has lots that are also equipped with sensors to allow them to gather data; would very much like people using them if anyone interested
      - RCan currently looking into implementing helmet fit checks, shoulder pads and mouthguards in the future; other associations in Calgary are also considering shoulder pad mandate and are supportive of our mandate as a precedent to follow
      - recognize that we can't regulate what kind of shoulder pads or type of protective padding that players use, only that they must wear something (noted that this is similar to how they must wear a girdle, but no one is actually inspecting and regulating types / condition of girdles); will be up to families to ensure their players' safety equipment is in good condition and worn appropriately
      - member commended AA for getting ahead of this issue and as a medical practitioner who sees numerous sport injuries is fully in support of this mandate
      - mandate will be effective beginning at tryouts in August



- Athlete Development (Rachel): nothing to report
- Goalie Development (Dave): nothing to report
- Coach Admin (Alex): nothing to report
- Parent Admin (Lesley): nothing to report
- Manager Mentor (Jenny): nothing to report
- Jr Coach Program (Becky / Jen): nothing to report
- EGRT Reps (Charlotte / Melody / Rachel / Jocelyn): nothing to report
- **VP Operations (Aaron / Sean)**
  - Teamwear / Logo Coordinator (Jenny / Jocelyn):
    - pin trading for CRCs - contact us if you want extra AA pins before we run out
  - Banquet Coordinator (Kristy):
    - info coming out this week
  - Awards Coordinator (Michelle C):
    - info coming out this week and will start collecting nominations
    - Service Award is in the storage room
    - Jenna Sauer Coaching Award is with Shaundra, will get it back for engraving
  - Intro to AA Spring Skate Coordinator (Brad T):
    - Apr 29 at Crowfoot, May 1 at FCA; see website for details; info to be advertised soon
    - U14 teams - please help spread the word to your contacts at home associations
  - U14AA Recruitment Task Force (Davor):
    - U12 teams joined some of our teams for at their practices; was well received
    - couldn't get a goalie session booked due to schedule conflicts
    - continue to encourage positive Word of Mouth to our networks
    - flyer to hand out at U12 regionals? create a QR code to our FAQs page?
  - Webmaster (Brad M): nothing to report
  - Registrar (Amanda): nothing to report
  - Social Media (Regan M): nothing to report
  - UAA Coordinator (Paul W): nothing to report
  - Team Photo Coordinator (Angela): nothing to report
  - Tournament Coordinator (Kristy): nothing to report
  - RIO Coordinator (Christine P / Sarah B): nothing to report
- **VP Finance (Michelle R) - no report**



- **Treasurer** (Michelle B)

- Budget and Team Costs

- budget presented again with details as of March 6th
- will send out the details and amounts owing to teams

- Registration fees – discussion held on whether we increase fees next season and offer installments

- need fees upfront in September to cover cash flow for AA ice, tournament registrations, etc so instalments may not be best approach to cover our start-up needs
- focus has been to keep fees reasonable and allow families the ability to fundraise as they choose to cover the remaining costs over the season
- need to be very clear about what costs are covered by our registration fees (ie. tournaments in first half, coach certifications, ref fees, a certain amount of ice per team, etc.)
- costs are only going to continue to increase so need to be transparent with the potential full costs so families are aware (ie. registration fees are \$1200, but actual costs can be another \$3000-\$5000 per player on top of that for program costs during the season, PLUS additional costs for your personal hotel / travel / airfare expenses depending on team decisions)
- the FAQs sheet developed for our Intro Skate and our Tryouts has good info on cost estimates and time commitment (see Fall Tryout page on our website for the FAQs link)
- Sample breakdown of estimated costs per player:
  - \$1200 registration fee
  - \$500 mandatory apparel and equipment, depending on what you need
  - \$3000-\$5000 for program costs during season (covered by cash calls, fundraising, etc)
  - \$1000-\$3000 for post-season program costs if your team qualifies for WCRCs / CRCs (again, covered by cash calls, fundraising, etc)
  - Does not include your personal costs for hotel / auto / airfare
  - Costs could be more or less depending on your team's specific plans and activities
- can we increase fees to cover the “association costs”, and then teams are responsible for their own “extras” that they decide? (ie. extra ice, travel costs, extra swag, team building, etc.)
- looking at our current financials and the total “association-level” costs, raising registration fees to \$1800/player would cover our fixed costs and reduce the need to clawback from teams; teams would still need to cash call or fundraise to cover their extra “team-level” costs
- if there is a significant increase (ie. 20-30% increase), instalments would be good – however it was noted again that a certain amount is needed upfront for cash flow purposes, and there could be problems with collecting later into the season
- ice was increased this year and likely to continue at this level, so costs anticipated to be similar or higher next season; group agreed that the amount of ice this year was good
- will present more info at next meeting and vote on fees for next season

- **Secretary** (Becky S) - nothing to report

- **RATH Rep** (Regan M) – nothing to report

- **RAB Rep** (Brandon C) – nothing to report

5) **New Business / Other**

6) **Next Meeting Date:** Apr 3, 2024 at 7pm at FCA Stew Fairbanks

7) **Adjournment:** Motion to adjourn made by Cam Heise, seconded by Adrian Mitchell. Motion carried.

Meeting adjourned at 8:01 pm.



# Injuries and Injury Prevention in Ringette

## Canadian Hospitals Injury Reporting and Prevention Program

- Data reported by emergency departments (11 pediatric and 5 general hospitals in NFLD, QC, ON, MB, AB, NWT)
- April 2007 to March 2010
- Ages 5 to 19

## Highest percentage of concussions: Ringette

**Table 2 Nature of injury distribution, 2007 – 2010**

Sport/activity	Nature of injury, # (%)				
	Fractures	Sprains/strains	Soft tissue injuries	Concussions	Other
Soccer	3590 (30.1)	2699 (22.6)	2628 (22.0)	413 (3.5)	2611 (21.9)
Ice hockey	2447 (26.0)	1212 (12.9)	2154 (22.9)	1023 (10.9)	2577 (27.4)
Cycling	3028 (33.9)	463 (5.2)	1334 (14.9)	356 (4.0)	2194 (24.6)
Basketball	2046 (26.6)	2246 (29.2)	1591 (20.7)	170 (2.2)	1645 (21.4)
Football	2046 (33.3)	1113 (18.1)	1274 (20.7)	345 (5.6)	1363 (22.2)
Snowboarding	1783 (55.8)	350 (11.0)	429 (13.4)	217 (6.8)	415 (13.0)
Skiing	756 (38.4)	338 (17.2)	335 (17.0)	118 (6.0)	423 (21.5)
Sledding	582 (32.5)	158 (8.8)	351 (19.6)	99 (5.5)	603 (33.7)
Rugby	391 (23.7)	259 (15.7)	328 (19.9)	182 (11.0)	491 (29.7)
Baseball	392 (24.0)	189 (11.6)	386 (23.6)	47 (2.9)	619 (37.9)
Volleyball	367 (24.4)	490 (32.6)	334 (22.2)	0 (0.0)	314 (20.9)
Lacrosse	154 (31.2)	81 (16.4)	109 (22.1)	19 (3.9)	120 (24.3)
Ringette	48 (14.8)	60 (18.5)	73 (22.5)	54 (16.7)	89 (27.5)

**Table 3 Percent concussion distribution for females 2007 – 2010**

Sport/activity	Age group (yr), # (%)			% of concussions all ages
	5-9	10-14	15-19	
Ringette	6 (20.7)	36 (17.5)	12 (14.8)	17.1
Ice hockey	*	74 (12.5)	52 (16.3)	13.3
Rugby	0 (0.0)	11 (14.5)	53 (11.9)	12.3
Snowboarding	*	21 (4.4)	24 (7.1)	5.5
Skiing	5 (2.4)	24 (5.2)	20 (13.6)	6.0
Football	0 (0.0)	12 (3.8)	6 (3.7)	3.5
Sledding	13 (3.5)	17 (4.8)	6 (10.2)	4.6
Cycling	35 (3.2)	40 (3.8)	8 (3.7)	3.5
Lacrosse	*	0 (0.0)	0 (0.0)	2.7
Soccer	8 (1.5)	96 (3.2)	107 (7.0)	4.2
Baseball	*	18 (6.6)	*	4.6
Basketball	*	33 (1.8)	23 (3.2)	2.1
Volleyball	0 (0.0)	15 (2.6)	5 (1.5)	2.1

\*Cell size <5.

Fridman L et al, BMC Sports Science, Medicine and Rehabilitation 2013



## Canadian Hospitals Injury Reporting and Prevention Program

- Data reported by emergency departments (10 pediatric and 4 general hospitals in NFLD, QC, ON, MB, AB, NWT)
- Sept 2004 to May 2010
- Ages 10-17 years

**TABLE 1. Patients With Ringette Injuries by Age Level, 2004-2011: Body Part, Nature of Injury, and Mechanism of Injury**

	Overall (10-17 y) (N = 494), %	Atome (10-11 y) (n = 94), %	Benjamin (12-13 y) (n = 168), %	Junior (14-15 y) (n = 176), %	Cadette (16-18 y) (n = 56), %
<b>Body site</b>					
Head	31.6	24.5	33.9	33.0	32.1
Neck	8.5	7.4	8.9	7.4	12.5
Upper extremity	29.6	43.6	27.4	27.8	17.9
Lower extremity	20.0	17.0	18.5	21.6	25.0
Trunk	10.3	7.4	11.3	10.2	12.5
Total	100	100	100	100	100
<b>Diagnosis</b>					
Soft tissue	35.0	37.2	35.1	37.5	23.2
Intracranial	30.2	22.3	32.1	32.4	30.4
Sprain/strain	19.0	19.1	15.5	15.3	41.1
Fracture	14.6	20.2	15.5	13.6	5.4
Laceration	1.2	1.1	1.8	1.1	0.0
Total	100	100	100	100	100
<b>Mechanism of injury</b>					
Intentional contact with player	33.7	28.7	36.1	32.4	39.3
Incidental contact with player	29.9	27.7	21.9	36.9	35.7
No contact (ice/board)	36.4	43.6	42.0	30.7	25.0
Total	100	100	100	100	100
<b>Severity of injury</b>					
Minor*	73.9	73.4	73.8	71.6	82.1
Severe†	26.1	26.6	26.2	28.4	17.9
Total	100	100	100	100	100

\*Minor injuries only treated in the ED.

†Severe injuries treated in the ED and that required follow-up, observation, and/or admission.

**TABLE 2. Patients With Ringette Injuries: Mechanisms of Injury by Body Part and Nature of Injury (N = 494)**

	Mechanisms of Injury, %		
	Intentional Contact (n = 166)	Incidental Contact (n = 148)	No Contact (n = 180)
<b>Body site</b>			
Head	34.9	34.5	26.1
Neck	11.4	10.8	3.9
Upper extremity	27.7	26.4	33.9
Lower extremity	13.9	20.3	25.6
Trunk	12.0	8.1	10.6
Total	100	100	100
<b>Diagnosis</b>			
Soft tissue	41.0	31.1	32.8
Intracranial	33.7	33.1	24.4
Sprain/strain	16.9	20.9	19.4
Fracture	7.8	12.2	22.8
Laceration	0.6	2.7	0.6
Total	100	100	100
<b>Severe injuries</b>			
Minor*	82.5	75.0	65.0
Severe†	17.5	25.0	35.0
Total	100	100	100

\*Minor injuries only treated in the ED.

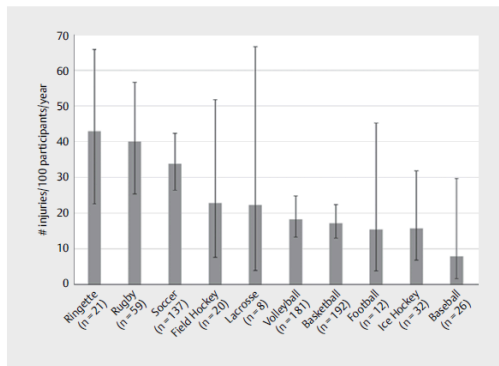
†Severe injuries treated in the ED and that required a follow-up, observation and/or admission.

Intentional: Elbowing, Tripping, Slashing, Roughing, Cross Checking, Body  
Incidental: with another player

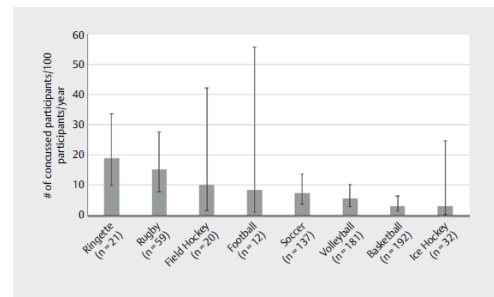
Keays G et al, Clin J Sport Med 2014

## Alberta High school students, self-reported survey (ages 14-19)

**Highest overall and Highest concussion injury rates: Ringette**



► **Fig. 1** Team sport-specific injury rates (95% CI adjusted for cluster by school) for the top 10 sports for participation for girls (n = number of participants).

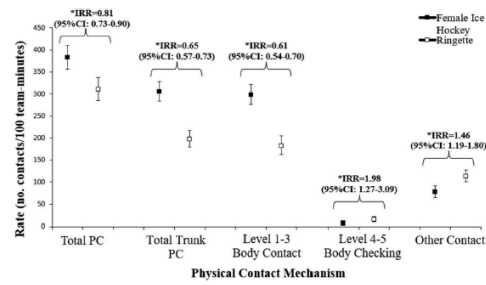


► **Fig. 2** Team sport-specific concussion rates based on most serious injuries reported as concussion (n = number of participants). No concussions were reported in lacrosse and baseball.

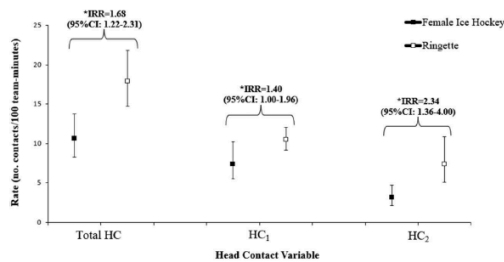
	Knee	Ankle	Head/face	Wrist/hand	Hip/groin/upper leg	Shoulder	Other	Trunk/back	Foot/toe	Upper arm/elbow/forearm
<b>Across top 10 team sports</b>	24.69	21.60	16.05	9.88	8.64	5.56	5.55	4.32	3.09	0.62
Basketball	24.24	24.24	15.15	15.15	6.06	3.03	6.06	3.03	0.00	3.03
Baseball	50.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00
Field hockey	40.00	0.00	20.00	0.00	0.00	20.00	20.00	0.00	0.00	0.00
Football	50.00	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00
Ice Hockey	0.00	0.00	0.00	20.00	20.00	40.00	20.00	0.00	0.00	0.00
Lacrosse	50.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ringette	33.33	22.22	33.33	0.00	11.11	0.00	0.00	0.00	0.00	0.00
Rugby	16.67	8.33	25.00	0.00	16.67	8.33	4.17	12.50	8.33	0.00
Soccer	31.91	25.53	12.77	8.51	10.64	2.13	4.26	0.00	4.26	0.00
Volleyball	15.15	36.36	12.12	12.12	3.03	6.06	3.03	9.09	3.03	0.00
<b>Median across top 10 team sports</b>	33.33	24.24	20.00	17.58	10.88	7.20	5.16	9.09	4.26	3.03

Cairo AL et al. Int J Sports Med 2022

## Video review study – University level Ringette vs Hockey, 2018-2019 and 2019-2020 seasons



**Figure 2.** Comparison of incidence rates for total PCs, total trunk, body contact (level 1-3 intensities), body checking (level 4-5 intensities) and other (stick or limb inflicted) in-game physical contacts in ringette and female ice hockey using IRR adjusted for cluster by team and offset by game length. \*Statistically significant.



**Figure 4.** Comparison of incidence rates for total HC, direct (HC1), and indirect (HC2) in-game head contacts in ringette and female ice hockey using IRR adjusted for cluster by team and offset by game length. \*Statistically significant.

Only 22% of level 4–5 body checks in ringette were penalized

Ringette 68% higher rate of total head contacts compared to ice hockey

- 17.9 vs 10.7 head contact/100 team minutes

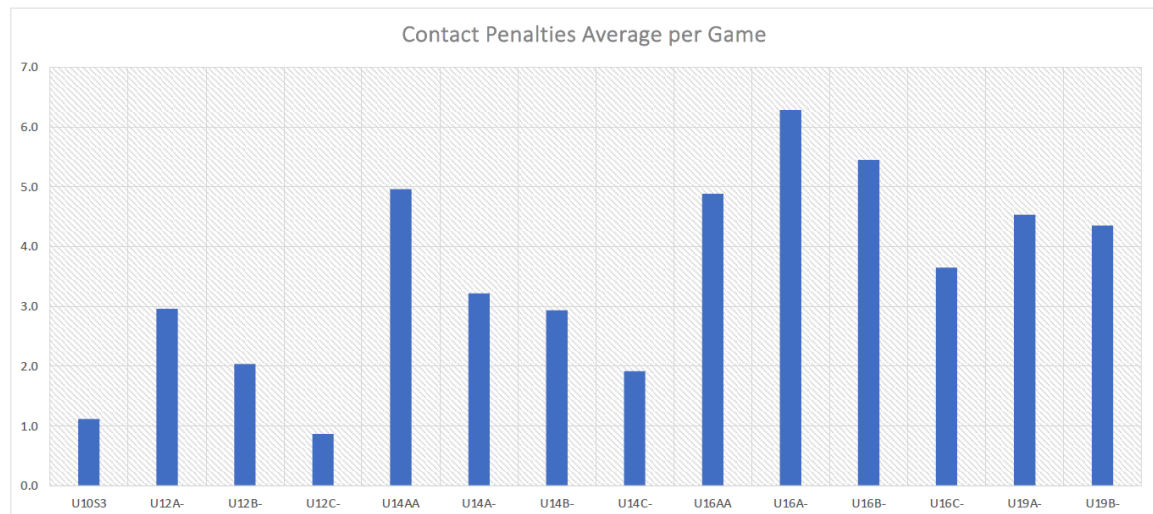
Ringette 3x higher rate of suspected injuries

- 1.5 vs 0.5/100 team minutes

*Suspected concussion 0.9 vs 0.2/100 team minutes*

*Non-concussion 0.6 vs 0.3/100 team minutes*

Heming et al, Clin J Sport Med 2023



CRL League Game Penalties, as at Jan 27 2024 provided by Greg Otterson







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PLAY SMART  
PLAY SAFE



## On thin ice: High injury and concussion rates in Canadian adolescent ringette

**Emily E Heming, MSc**

PhD Student

7<sup>th</sup> IOC World Conference on Prevention of  
Injury and Illness in Sport

March 1, 2024 – Brief Oral 36

**Co-Authors:** Cheryl Barnabe, MD; Kelly  
Russell, PhD; Debbie Palmer, PhD; Kathryn  
Schneider, PT PhD; Carolyn Emery, PT PhD



## Methods

**SHRED**  
CONCUSSIONS

2022-2023

Recruited players  
from U14, U16 &  
U19



Completed  
baseline testing



All injury  
information was  
collected  
throughout the  
season



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Heming, Abstract presented at the 7<sup>th</sup> IOC World Conference on  
Prevention of Injury and Illness in Sport, February 2024





# Participants

**SHRED**  
CONCUSSIONS

	Number of players (n=170)
<b>Age group</b>	
U19	35 (21%)
U16	70 (41%)
U14	42 (25%)
Missing	23 (13%)
<b>Level</b>	
AA	36 (21%)
A	44 (26%)
B	68 (40%)
Missing	22 (13%)



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# Injury Rates

**SHRED**  
CONCUSSIONS



All injuries: **IR = 35.88/100 players/season**  
(95% CI: 27.45-46.91)



Concussions: **IR = 12.94/100 players/season**  
(95% CI: 8.42-19.89)

**2.3 x higher rate**

**U14**

**IR = 27.27/100 players/season**  
(95% CI: 14.47-51.42)

**U16**

**IR = 27.85/100 players/season**  
(95% CI: 17.65-43.94)

**U19**

**IR = 64.86/100 players/season**  
(95% CI: 44.61-94.31)

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Heming, Abstract presented at the 7<sup>th</sup> IOC World Conference on  
Prevention of Injury and Illness in Sport, February 2024



# Injury Locations

**SHRED**  
CONCUSSIONS

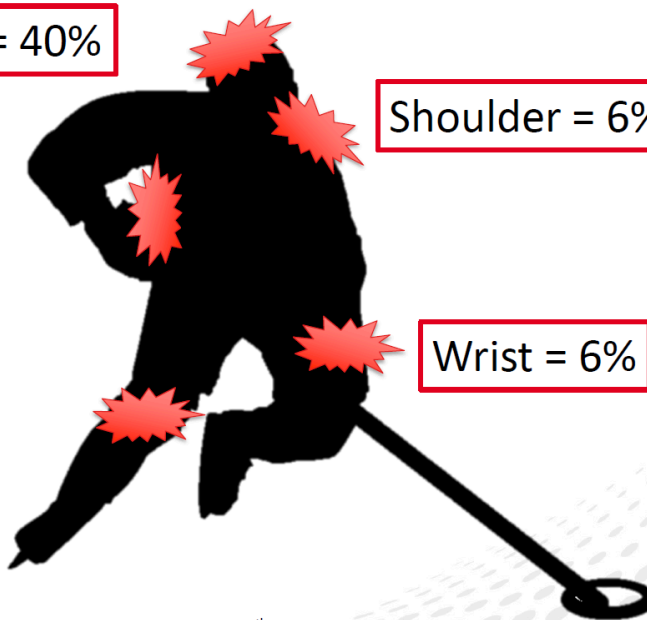
Head & Neck = 40%

Shoulder = 6%

Back = 6%

Wrist = 6%

Knee = 23%







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Heming, Abstract presented at the 7<sup>th</sup> IOC World Conference on  
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# Other Results

**SHRED**  
CONCUSSIONS

	Concussion	Non-Concussion
Time-loss 	Median time-loss = <b>18 days (IQR:20)</b>	Median time-loss = <b>7 days (IQR:13)</b>
Position 	Forwards = <b>59%</b>	Forwards = <b>47%</b>
Activity 	Games = <b>91%</b>	Games = <b>77%</b>
Contact type 	Unintentional contact = <b>59%</b>	Unintentional & Intentional & Environment Contact = <b>26%</b>

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Heming, Abstract presented at the 7<sup>th</sup> IOC World Conference on  
Prevention of Injury and Illness in Sport, February 2024



# Future Directions

**SHRED**  
CONCUSSIONS

Injury Surveillance



Protective Equipment  
Evaluation



Neuromuscular  
Training Evaluation



Referee Training  
Evaluation

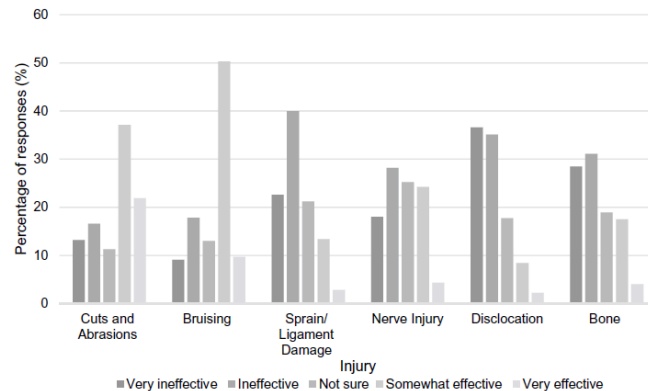


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## Shoulder Padding and Shoulder Injuries

Fig. 1 The perceived effectiveness of padding for specific injuries



**For preventing bruising and force placed on soft tissues  
NOT for preventing dislocations or collarbone fractures**

Hughes, J Sci Sport Exercise 2022 (rugby players)

## Shoulder Padding and Shoulder Injury Survey - Rugby

Table 2 Reason themes for wearing shoulder padding (listed from most to least common)

Higher order themes (n= 386)	Example responses
Injury prevention and padding (43.5%)	Protection Protect from minor shoulder injury Degree of protection offered to shoulder and collar bone in contact Protect against soft tissue injury
Protection from reoccurring injury (19.2%)	To protect my shoulder whilst it wasn't 100% Returning from an injured shoulder To reduce impact on shoulders following an injury Damaged my ac joint and padding it was the only way I could tackle with the least amount of discomfort
Confidence (15.8%)	When I first played contact rugby, it gave me greater confidence when making a tackle Confidence in the tackle area Purely confidence. I don't believe it helps, other than my mind Feel more secure
Comfort in impacts (9.3%)	It makes me feel more confident about making tackles in matches Just gives a little bit of extra comfort in the pack for tackling and scrums Less sore shoulders after scrum Gives me more comfort when making tackles on oppositions bony parts
Recommendation from coaches, friends or parents (7.3%)	When I was younger I wore it for shoulder protection mainly on the insistence of my Mum Was recommended by the coach It was popular to wear them
Habit (1.8%)	It feels part of my gear, same as gumshield, shorts etc Was given to me for free, got used to wearing it and then didn't like the feel of playing without it
To change own physical appearance (1.6%)	Being smaller than everyone else Due to my size frame shoulder pads helped make me feel bigger, it had a bit of placebo effect
To try it out (1.6%)	No specific reason, a friend gave it to me and I decided to try it out

Hughes, J Sci Sport Exercise 2022

## Shoulder Padding and Shoulder Injury Survey - Rugby

Table 3 Reasons for not wearing shoulder padding

Higher order themes (n= 352)	Example responses
They are not required (38.6%)	I stopped wearing it as I did not need them to absorb impacts anymore Just never bothered with it I do not see the need for shoulder padding, I've never hurt my shoulders before Injury healed so no longer required shoulder pad protection
Discomfort (21.3%)	I stopped as it was uncomfortable and I tended to overheat Can get too hot wearing them and sometimes uncomfortable I get too hot wearing them otherwise I would probably wear them all the time I feel claustrophobic in them at times and get too hot
Do not offer protection (16.8%)	I am unaware of the difference it could make to my safety or skills Did not seem to help with anything as so thin No added benefits to protection
Restricts movement (6.3%)	It adds bulk, makes it harder to manoeuvre Movement limiting My movement felt restricted with the pads, and I wanted full movement to avoid injury
Cost and Availability (6.3%)	It seems unnecessary and is an expense I cannot really afford Too costly to replace
Impacts the game negatively (4%)	I enjoy the hard-hitting nature of the game which I feel would lack with pads Not wearing shoulder padding encourages a correct technique in tackle/contact situations and observation of the laws of the game. Wearing padding too easily encourages reckless and undisciplined hits from bad angles with greater force
Stigma (3.7%)	Enjoying the tackle more without them Not the manly thing to do It's for girls There is a perception of people who wear padding being 'soft'
False sense of security (3.1%)	It gives a false sense of security, if you're going to break your bones, you're going to break your bones Disagree with it. I believe it gave a false belief to those who did

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## Shoulder Pads in Tackling Forces

### • RUGBY

Pads reduce peak impact force above the AC joint

- 35% when impacted with an object
- 41% in tackles with a run-up

### • LACROSSE

- More expensive technology reduces peak impact force better

Pain MTG et al, J Sports Sci 2008; Dambach thesis 2018

