



## MEMORANDUM

To: Edmonton Federation of Community Leagues Ringette Association (Edmonton Ringette) Members  
From: Edmonton Ringette Association Board  
CC: Gord McQueen, President, Edmonton Ringette

Please be advised that on August 21, 2024, the Edmonton Ringette Board of Directors voted to implement a mandatory shoulder pad policy, effective immediately. This decision aligns with current scientific research on injury prevention and reflects our commitment to player safety.

A recent study by the University of Calgary found that shoulder pads can reduce the risk of shoulder fractures, dislocations, and soft tissue injuries by up to 80%. Such injuries can have long-term effects on young athletes' health, participation, and overall enjoyment of the sport.

In our ongoing efforts to prioritize player safety, Edmonton Ringette has been observing practices across different associations. We have noted that other organizations, including Calgary AA across all three age divisions, have mandated shoulder pads for similar safety reasons. Like them, we are committed to protecting our athletes.

Starting from the 2024-2025 season, shoulder pads will be required for all Active Start to U19 players in Edmonton Ringette, including those participating in our Spring 3v3 League.

For more information, please refer to the [August 2024 Edmonton Ringette Board Meeting Minutes](#).