

Armour Up! How Shoulder Pads can Protect Ringette Players



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SHRED
CONCUSSIONS

How Do Shoulder Pads Protect?

Protective Layer:

Shields against cuts from skates, sticks, rings, boards, ice, and nets.

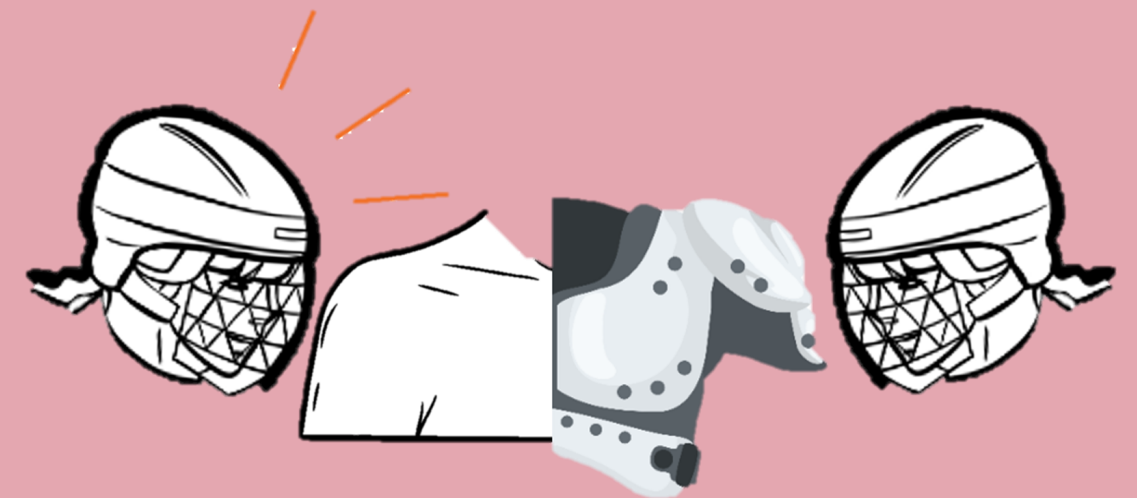


Impact Reduction:

Absorbs and spreads shock, reducing pressure on impact.

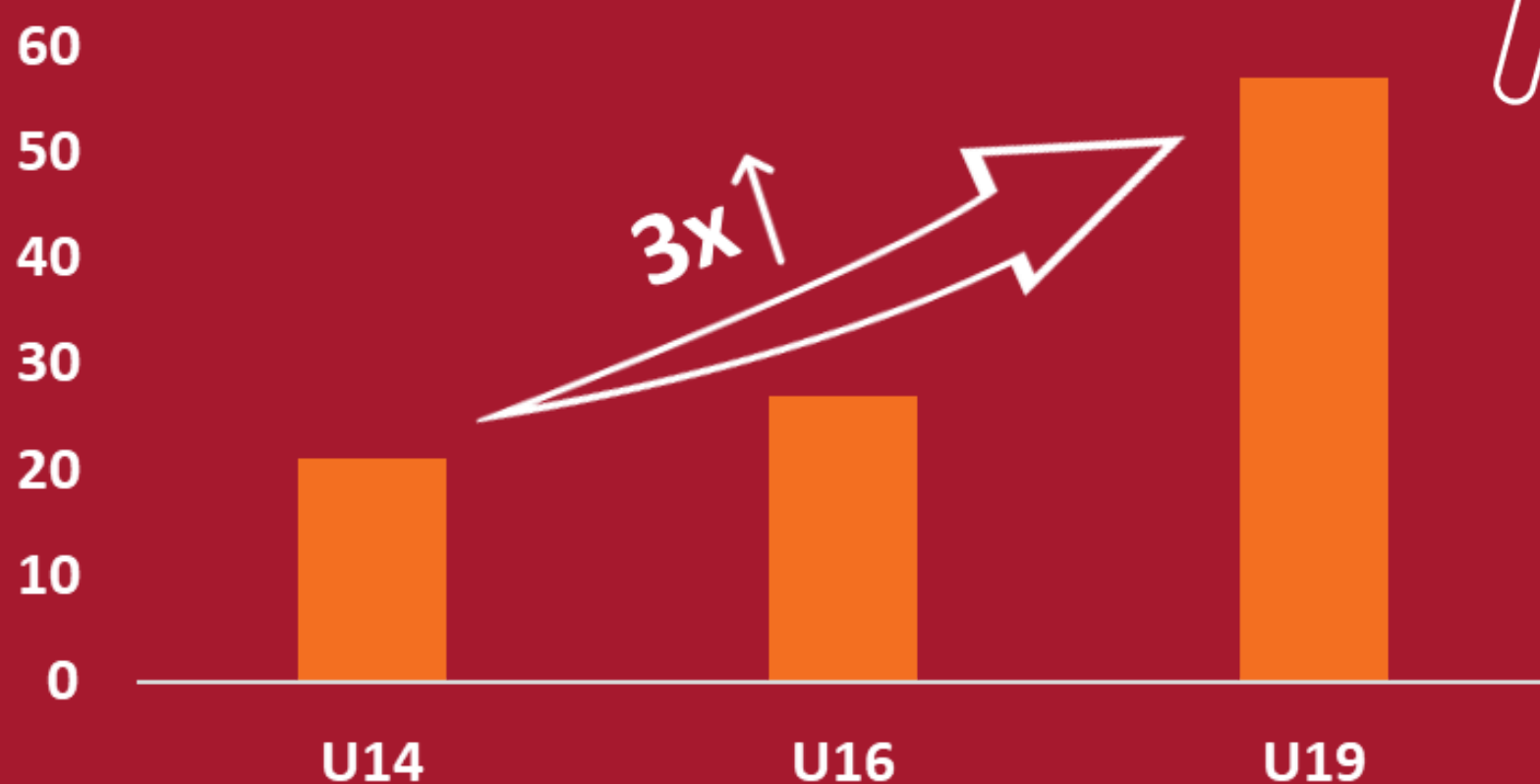
Head Impact Mitigation:

Potentially reduces head impact intensity in shoulder-to-head player contacts.



Our Research

Game Injury Rate (per 100 players/season)



Non-Concussion Injury Rate:

- 24 injuries / 100 players per season

Concussion Rate:

- 12 concussions / 100 players per season

- Shoulder is the 3rd most common injury site (following the head/neck and knee)



Our Research - Comparing Hockey

3x

Higher rate of injuries in University and youth ringette compared to female ice hockey



Shoulder injury rates in U19 ringette (no shoulder pads required) were higher than the rates in U18 male ice hockey leagues that allowed body checking (shoulder pads required)

References:

1. Design of a Shoulder Pad to Reduce the Risk of Injury in Men's Lacrosse. Buckley et al. 2019.
2. Ice hockey shoulder pad design and the effect on head response during shoulder-to-head impacts. Richards et al. 2016.
3. On thin ice: high injury and concussion rates in Canadian adolescent ringette. Heming et al. 2024
4. Higher Rates of Head Contacts, Body Checking, and Suspected Injuries in Ringette Than Female Ice Hockey: Time to Ring in Opportunities for Prevention. Heming et al 2022

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