

# ADAPTED AND PARA SPORT AND RECREATION INJURY STUDY

## Online Injury Survey



### WHY?

We want to learn about participation, injury, and concussion rates in Adapted and Para Sport and Recreation.

To learn more about injury knowledge, safety practices, and who may be at greater risk of injury or concussion.

### WHO CAN HELP?

- ✓ Anyone 11 - 25 Years of age,
- ✓ Who has taken part in any Adapted or Para Sport or Recreation Program within Canada,
- ✓ Or a parent on behalf of their child,
- ✓ If you have never been injured or been injured a lot, or anywhere in between.



### HOW CAN YOU HELP?

- ✓ By completing this survey, about your participation in adapted or para sport or recreation and your injury experiences.
- ✓ It will take about 25 - 90 mins.
- ✓ Maybe you have never been injured or don't think you could be that's okay it is important to us to have you share your knowledge and experience too.



### WHERE?

<https://redcap.shredconcussions.ca/surveys/?s=A9TLET9FYT>



### WHEN?

At your earliest convenience.



If you have any questions, please contact Leticia at [lmjanzen@ucalgary.ca](mailto:lmjanzen@ucalgary.ca)

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