



HEAD SAFETY AWARENESS



- *Helmets protect against skull fractures, they do not prevent concussions! But currently, they can reduce concussion risk.*
- *Helmets must be certified ASTM or CSA (sticker inside helmet).*
- *Unlike hockey helmets, speed skating helmets are “single use” type which means that after a severe impact, their integrity might be compromised. They need to be closely inspected and replaced if damaged.*
- *The best protection against concussion remains prevention (learn to fall ,crash protection) and detection. As such, it is critical for coaches, clubs, officials and parents to be vigilant for signs and symptoms.*
- *Speed Skating Canada offers multiple resources like, policy, protocols, training and assessment tools at the following link:*

<https://www.speedskating.ca/resources/safety/concussions-brain-injuries>