



Maritime Recreation Facility Conference: Session Highlight

Session 7C—Friday, May 29: 10:30—11:45

Injury Prevention— Making Helmets Mandatory

Dr. David B. Clarke, neurosurgeon with the Capital District Health Authority will discuss recent research in the area of brain injuries and brain injury prevention as part of the Arena Roundtable Discussion at the 2nd Bi-annual Maritime Recreation Facility Conference being held in Charlottetown, PE, May 27-29.



Brain injuries put a serious strain on our healthcare system, often devastate or kill people who are injured, and cause tremendous hardships to their families. A majority of these injuries could be avoided or mitigated if participants simply wore a helmet during the activity.



Therefore, should arenas in our region make helmets mandatory for everyone? This is one part of the discussion that will take place during the Hot Stove Lounge session. What impacts (positive or negative) do you think this decision would have on arena staff and arena operations? During the session you will hear what other arenas are doing in this area and why its become such an important topic.

Accidental brain injury is the leading cause of death among children aged one to 14 years, and accounts for 14 per cent of all hospitalizations in this age group. Thousands of people aged 19 and younger show up every year at local emergency wards with brain injuries largely caused by falls, many of which happened during sports and recreation activities.



In Ontario recently, 2 arena personnel were seriously injured in separate incidents as a result of falls on the ice. In response, the Ontario Recreation Facility Association has developed a resource for arena personnel regarding helmet use. **This begs the obvious question, should arena staff be required to wear helmets when performing ice maintenance?** Under Occupational Health and Safety legislation, workers must wear personal protective equipment relative to the inherent risks of the work performed. **Therefore, shouldn't helmets be made mandatory for arena personnel?**

Certainly changing traditional practices and behaviours is never easy, but Dr. Clarke will explore ways to overcome some of those hurdles that get put in the way. During the session we also want to hear from you and get your input and feedback with respect to this issue. **You definitely won't want to miss this session! Neither will your Mayor, Town Council, Legal Council, Insurance Agent, Arena Chair, Arena Board, Occupational Health and Safety Committee or your Recreation Council!**

Arena Roundtable Discussion: Injury Prevention—Making Helmets Mandatory

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Full Conference Details—www.rfans.com

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