Checking in Hockey

“A Timeline for Change”

Paul Carson,

Hockey Canada

June 24, 2013
Resource Development Group

- Dave Liversidge, BC Hockey
- Barry Medori, Tim Leer, Hockey Alberta
- Scott Frizzell, Saskatchewan Hockey Association
- Bob Caldwell, Hockey Manitoba
- Gregg Kennedy, Ottawa District Hockey Association
- Ron MacKinnon, Hockey Northwestern Ontario
- Yves Archambault, Hockey Quebec
- Bill Giesler, OHF – Greater Toronto Hockey League
- Larry Bedard, OHF – Northern Ontario Hockey Association
- Bill Short, Hockey Nova Scotia
- Corey McNabb, Hockey Canada
- Paul Carson, Hockey Canada
Motion (Recommendation #1):

In divisions of Pee Wee and below and Female hockey, a Minor penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct penalty shall be assessed any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves or pushes any opposing player. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed.
<table>
<thead>
<tr>
<th>Title</th>
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<tr>
<td>040715_Risk Compensation_Meeuwisse.pdf</td>
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<tr>
<td>100609_Risk of Injury_Emery.pdf</td>
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<td>110315_BC Rates of Injuries_Cusimano.pdf</td>
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<tr>
<td>110809_Injury Risk_Body Checking_Emery.pdf</td>
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<tr>
<td>121203_Effectiveness of Interventions_Cusimano_CMAJ.pdf</td>
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<tr>
<td>130315_Study on Concussions_Cusimano.pdf</td>
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What Did Research Tell Us?

- **3-fold increased risk of injury** in Pee Wee Hockey players in leagues where body checking is allowed compared to leagues where it is not allowed (Emery et. al.)

- **4-fold increase risk of concussion** in Pee Wee Hockey players in leagues where body checking is allowed compared to leagues where it is not allowed.

- **Body checking as the single most consistent risk factor for concussion in youth ice hockey.**

- **Injury and concussion rates in Bantam players in Quebec and Alberta are the same - “no protective effect.”**
Key Position Papers

- 060815_Commentary_BC_Norris and Carson.pdf
- 121102_CPS Position Paper_Body Checking.pdf
- 130415_Body Checking_fact_sheet.pdf
“It is the position of the CASM that there are areas of significant prevention that can be utilized and developed at all levels of hockey to reduce the injury rate significantly. Canada, from its unique position as a world leader in the development of and participation in the game of hockey, can assume a leadership role in the future development and ongoing safety.”

CASM, 1988
Recommendation #2

Hockey Canada and its member Branches adopt the definitions for Body Contact and Body Checking as the national standard.

Both of these terms are defined in the Hockey Canada resource entitled “Teaching Checking: A Progressive Approach”
Body Contact

• Incidental contact of two opposing players in pursuit of the puck or position on the ice moving in the same direction. Body contact occurs as a result of movement by the offensive player. (Canadian Hockey Association, 2002)
Body Checking

- An attempt by a player to gain an advantage on the opponent with the use of the body. Body checking results when two opposing players collide while skating in opposite directions or when positioning and angling allow the checker to use the force of the body to gain the advantage. (Canadian Hockey Association, 2002)
Recommendation #3

A Hockey Canada and Branch workgroup build a mandatory national checking educational and instructional resource program for implementation in the 2014-15 season, to support the progressive implementation of checking skills at the Atom and Peewee level and to better prepare players for body checking at the Bantam and Midget level.
The Plan
## Resource Development Plan

<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Description</th>
<th>Who</th>
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<tbody>
<tr>
<td>May 25</td>
<td>AGM Motion - Council Presentations</td>
<td>HC Board of Directors</td>
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<td>May 27</td>
<td>Conference Call to Articulate Implementation</td>
<td>Technical Directors</td>
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<td>May 31</td>
<td>Selection of Working Group - Roles Outlined</td>
<td>HC Project Leads</td>
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<tr>
<td>Jun 10-18</td>
<td>Conference Call - Seminar Pre-Task Work</td>
<td>Working Group</td>
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<td>Jun 21-23</td>
<td>Checking Resource Development Workgroup</td>
<td>Working Group</td>
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<tr>
<td>Jul 24-25</td>
<td>Project Plan and Resource Review</td>
<td>Technical Directors</td>
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<td>Aug 1</td>
<td>Resource Distribution</td>
<td>HC Project Leads</td>
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<tr>
<td>Aug 1-15</td>
<td>Webinar Training for Trainers</td>
<td>Branch Leads</td>
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The Plan

Resource Development Working Group
- Branch Expertise
- Existing Resources

Resource Refinement
- Coaching Manual
- Instructional Clinic
- Video support

Train the Trainers - Proven Strategies
- Branch Technical Directors’ Meetings
- Branch Lead Training - Resource Distribution
World Leading Resource
Resource Support – Tier 1A

Be Concussion SMART!
HOCKEYCANADA.CA/APPs

I think I’m pretty tough but I’m not INVINCIBLE.
Recommendation #4

Hockey Canada continues to work collaboratively with research groups to investigate a number of areas of the game including but not limited to: injury rates, return to play protocols, skill acquisition, knowledge translation of coach education, and ongoing trends in registration.
Additional Considerations

Long Term Player Development
- Progressive Skill Development continuum
- The need for practice to promote skill acquisition
- Active for Life Initiatives

Research of Knowledge Translation
- How does education & training transfer to the practice environment and lead to player development

Recruitment and Retention Initiatives
- Creating safe and positive sport experiences
- Hockey as the sport of choice
Players Safety
- Minimizing the risk of injury
- Minimizing the risk of concussions in sport

Recruitment and Retention
- Recruiting new participants
- Retaining players through the Peewee and Bantam
- Recruitment and retention of young officials

Enhanced Skill Development
- Skill acquisition in all areas of the game
- Progressive checking skills instruction
“A Timeline for Change”

Thank-you