

Can protective equipment prevent sport-related concussions?

>> RESEARCH SHOWS THAT...



Headgear

- ✓ Reduces the risk of superficial injuries such as cuts and bruises
- ✗ Do not consistently prevent concussions



Helmets

- ✓ Protect the head by absorbing the forces of an impact
- ✓ Reduce the risk of severe brain trauma
- ? May reduce concussion symptom duration and severity if fitted properly
- ✗ Do not consistently prevent concussions



Mouthguards

- ✓ Reduce the risk of injuries to teeth, gums, lips and jaw
- ? May reduce the risk of concussions in certain sports



Researchers are continuing to work to understand the role of protective equipment in preventing concussions across different sports types. As new research comes out, it is important that sport policies are updated to reflect the research recommendations to help keep athletes safe!



QUICK TIPS

The way a helmet fits can change throughout the season. To make sure that athletes are well protected, consider re-checking helmet fit at regular intervals during the season.



>> ATHLETES SHOULD...

- >> Wear equipment that fits them properly
- >> Check the fit of their helmet regularly
- >> Understand the roles and limitations of their equipment

DID YOU KNOW?

Mouthguards reduce concussion rates in hockey players across all ages by

28%

With this in mind, researchers suggest that mouthguards should be required for all hockey players regardless of age or level ([Eliason et al., 2023](#)).



While protective equipment may not always prevent concussions, it is critically important that athletes wear the recommended equipment for their sport to protect themselves from other serious injuries.

For more information visit sirc.ca/concussion