

# CWSF 2017 - Regina, Saskatchewan



## Ethan Aarts

### If You Shake It, You Break It

**Challenge:** Innovation

**Category:** Junior

**Region:** Avon Maitland-Huron Perth

**City:** Lakeside, ON

**School:** Holy Name of Mary R.C.S.

**Abstract:** I thought that if we could put shock absorbing materials on the outside of a helmet, some of the force of impact could be reduced so that there would be less chance of a serious concussion. I tested five different materials that I thought would be the most effective in absorbing the impact. My experiment showed very exciting results!

### Biography

My name is Ethan Aarts and I am a grade 8 student at Holy Name of Mary School in St. Marys, Ontario. In my spare time I like to mountain bike, run, nordic ski and play hockey. My favourite subjects in school are science, math and physical education. This is my first year participating in the Canada Wide Science Fair, and I am excited to fly to Regina! I first started thinking about this project when people from my hockey team had concussions and had to miss hockey and school because of them. So I started researching concussions and what actually happens to your brain. I realized this is a very serious topic, and that concussions affect a lot of people. I felt that maybe there was a way to make helmets safer so that concussions could be prevented or less serious.

### Awards

### Value

Excellence Award - Junior - Bronze Medal Sponsor: Youth Science Canada	
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$1 000