

CWSF 2019 - Fredericton, New Brunswick



Maya Clapperton

Heads Up: Preventing Concussions in Girls' Hockey Through Root Cause Analysis

Challenge: Health

Category: Intermediate

Region: Bay Area

City: Dundas, ON

School: Westdale S.S.

Abstract: Research shows that girls' hockey is the sport with the highest risk of concussion, yet very little study has been done on how to prevent concussions from happening. This project conducted a statistical analysis to identify the root causes of concussions in girls' hockey through a combination of surveys, game observation and interviews, to create a prevention strategy.

Biography

My name is Maya Clapperton, and I'm a grade 10 student at Westdale Secondary School. My project is on the prevention of concussions in girls' hockey. I'm a hockey player and referee, and so I was inspired to start this project because almost all of my friends and teammates had suffered a hockey related concussion. Through my initial research, it appeared that very little research was being conducted specifically on primary prevention, and that the problem was considerably more grave than it looked at first glance. The advice I would give to another student thinking about doing a project is to pick something you're passionate about, or something you have a unique angle on. That way you have a way to contribute something new. Then once you have the general idea for a topic, start looking for problems you could solve.

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