

## An Active & Safe Program Resource

*Putting concussion prevention and management tools in the hands of the participants*

# Active & Safe LTAD Matrix

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This guide is a supplement to the True Sport Long-Term Athlete Development Matrix.

Download related resources at [www.cces.ca/activeandsafe](http://www.cces.ca/activeandsafe).

Go For  
It

Play  
Fair

Respect  
Others

Keep It  
Fun

Stay  
Healthy

Include  
Everyone

Give  
Back



TRUE SPORT  
lives here

The Active & Safe LTAD Matrix is a supplement to the True Sport Long-Term Athlete Development (LTAD) Matrix, and provides an additional component to the overall Canadian Sport for Life (CS4L) LTAD model.

Sport is a valuable public asset; one that impacts the community as well as its citizens. When sport is done right, these impacts have the potential to extend well beyond the commonly recognized health benefits associated with sport including putting children and youth on a positive life course, building stronger and more inclusive communities, and contributing to economic and environmental sustainability. These benefits are realized when sport is good – when it is value-based and principles-driven. In Canada, we call good sport - True Sport.

Physical and Ethical Literacy			
<b>Stage 1: Active Start Girls 0-6 Boys 0-6</b>	<b>Stage 2: FUNDamentals Girls 6-8 Boys 6-9</b> <i>Fundamental Movement Skills</i>	<b>Stage 3: Learning to Train Girls 8-11 Boys 9-12</b> <i>Fundamental Sport Skills</i>	<b>Stage 4: Training to Train Females 11-15 Males 12-16</b> <i>Building Physical &amp; Mental Capability</i>
<p>At this stage, children should participate in stimulating activities and games that develop basic movement skills in a FUN atmosphere.</p>	<p>At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere.</p>	<p>This stage introduces players to disciplined training and begins to develop their understanding of principles of play alongside their skills practice. Repetitions are important to develop technical proficiency, but creating a fun and challenging environment is still paramount to stimulate learning and promote a love of the game.</p>	<p>At this stage, skill training demands and training loads are increased to develop and refine skills and tactics. Tactical awareness becomes an increasingly important facet of training, alongside mental toughness, concentration, and diligence.</p>
<ul style="list-style-type: none"> <li>○ Be creative in using props and equipment in introducing the concepts of playing safe, following the rules and potential injury. Keeping the kids engaged is key to ingraining the message.</li> <li>○ Use simple terms and concepts. Do not introduce advanced medical terminology at this age.</li> <li>○ Involve the group by using references that this age can relate to, such as: Cartoon characters getting “bonked” on the head, seeing stars Athletes in the news</li> </ul>	<ul style="list-style-type: none"> <li>○ Start to include some technical information in discussions, starting with references to signs and symptoms (headache, nausea, loss of consciousness, “don’t feel right”, balance, etc.)</li> <li>○ Begin to explain that a concussion (brain injury) isn’t like other injuries, that you may not be able to “see” it.</li> <li>○ Continue to use props to provide visual and interactive opportunities to share the message as well as real-life examples.</li> </ul>	<ul style="list-style-type: none"> <li>○ Begin to have kids focus on their “whereabouts” during play; to be aware of how their body will move while playing.</li> <li>○ Teach kids about bracing for accidental impact. Many concussions in sport are the result of unintentional injuries. These do not always include one person making contact with another or an object.</li> <li>○ Explain that respecting each other is a key to making sure we don’t put ourselves or someone else in a vulnerable position.</li> </ul>	<ul style="list-style-type: none"> <li>○ With the introduction of intentional contact to sport (as per individual sport rules), ensure that there is a clear understanding of not only how to “give a hit”, but also how to “receive a hit”.</li> <li>○ Encourage respect for others. Explain that giving 100% does not mean playing recklessly. Players must always be aware of their surroundings and in control of their bodies.</li> </ul>

If we want sport to live up to its potential, we need to be intentional about ensuring that it reflects our shared values and that there is a positive sport environment. We must be deliberate to ensure that sport is accessible, affordable, excellent, inclusive, fun and fair. In addition, we must also ensure the safety and health of athlete; an obstacle to this is the incidence of brain injury and concussion. The Active & Safe LTAD Matrix provides a framework for introducing education and awareness about concussion.

As coaches, teachers, administrators and parents, we need to ensure that all stakeholders of sport have an understanding of the risks associated with these injuries, and that reliable information is being shared at appropriate stages of development. Through the application of tools and resources, along with the sharing of reliable information, we will ensure that we are creating a solid foundation of knowledge for all of our athletes.

Active for Life			
	<b>Stage 5:</b> <b>Training to Compete</b> <b>Females 16-23 +/-</b> <b>Males 15-21 +/-</b> <i>High Performance Sport</i>	<b>Stage 6:</b> <b>Training to Win</b> <b>Females 18 +/-</b> <b>Males 19 +/-</b> <i>High Performance Sport</i>	<b>Active for Life</b> <i>A positive experience in sport is the key to retaining athletes after they leave the competition stream.</i> <i>We call that experience... True Sport.</i>
	Players who are proficient in their skills now train to refine their maturity in game play. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to the limit.	Players are training and competing at the highest level of national and international competition, from professional league play to international tournaments. The focus of training shifts to optimization of performance.	At any stage in the LTAD model, regardless of their level of ability, players may decide to play a sport as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness.
<ul style="list-style-type: none"> <li>○ Promote compassion towards others. Communicate that success as an individual does not have to come at the expense of another, especially when considering their health.</li> <li>○ Ensure athletes are aware of the signs and symptoms of a concussion, and that they are fully aware of the proper return-to-play guidelines.</li> <li>○ Begin discussing psychological effects of concussions.</li> <li>○ Ensure stakeholders fully comprehend ALL measures to be taken to prevent concussions, and Secondary Impact Syndrome (SIS)</li> </ul>	<ul style="list-style-type: none"> <li>○ Explain long-term impact of multiple concussions.</li> <li>○ Provide medical information supporting the severity of concussion, as well as precautionary and return-to-play advocacy.</li> <li>○ Continue discussing the psychological impacts of concussion and return to play, including anger, denial, even depression.</li> <li>○ Give first-hand accounts of other high-performance athletes and their struggles from not properly accounting for or dealing with concussions.</li> <li>○ Discuss Chronic Traumatic Encephalopathy (CTE) and other degenerative long-term effects linked to brain injury and concussions.</li> </ul>	<ul style="list-style-type: none"> <li>○ Emphasize that concussion and brain injury don't occur only in high-impact, elite-level sport, but can occur at any level and in any situation.</li> <li>○ Give accounts of long-term effects, including athletes injured at various stages, or experiencing effects at later stages.</li> </ul>	



## True Sport Principles

[www.truesport.ca/principles](http://www.truesport.ca/principles)

The Active & Safe LTAD Matrix is a supplement to the True Sport LTAD Matrix. Both are guided by the True Sport Principles – Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone and Give Back. The principles are simple enough to be understood at all stages of development. By living these principles, we can ensure that the benefits of sport such as the joy of achievement, the growth of community or the breaking down of social barriers, will naturally flow. By understanding concussion, and creating awareness in our athletes, coaches, parents and other stakeholders, we can ensure that a safer environment will exist for participants to engage in sport that is fair, safe and active.

## Ethical Standards for all Ages and Stages

When children are introduced to activity and sport appropriately, they will have the necessary motor skills and confidence (physical literacy) to remain Active for Life in virtually any sport they choose.

Share the True Sport Principles and have all members of your group (participants, coaches, parents) sign the True Sport Declaration. Use these principles to help guide your programming decisions.

By using the LTAD stages, participants can ensure that they have the physical, mental, technical and tactical knowledge they need to stay involved in sport and be active for life.

Remember you are not only building athletes, you are shaping people.

### About the Active & Safe Program

The Active & Safe program provides resources to reduce the incidence and severity of concussion, while creating the conditions for active and safer play throughout the Canadian sport system.

The project targets coaches, trainers, educators, health professionals, community leaders, parents and athletes. Our combined efforts will contribute to building capacity, engaging communities and their citizens, as well as educating and training those who deliver sport through activities that focus on concussion prevention and treatment. The partners are:

Hockey Canada	<a href="http://www.hockeycanada.ca/apps">www.hockeycanada.ca/apps</a>
Parachute Canada	<a href="http://www.parachute.org/activeandsafe">www.parachute.org/activeandsafe</a>
Canadian Centre for Ethics in Sport	<a href="http://www.cces.ca/activeandsafe">www.cces.ca/activeandsafe</a>
Coaching Association of Canada	<a href="http://www.coach.ca">www.coach.ca</a>

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