

Participate in Research

Return to play with *R2Play*: an integrated and inclusive concussion assessment for youth.

Bloorview
RESEARCH INSTITUTE

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We invite you to take part in a research study to test a new system for helping youth with concussion return to their sport (return-to-play).

What is this study about?

Researchers at Holland Bloorview developed an assessment called *R2Play*. We want to test the *R2Play* assessment with youth and young adults so we can understand its value and challenges.

Who can participate?

We are looking for **youth and young adults** aged 10 to 25 who:

1. Are current active participants in extracurricular sport activity.
2. Do or do not have a history of previous concussion. Youth with a previous concussion must have a formal diagnosis within the previous year and be medically cleared to return to sport.
3. Have normal or corrected to normal vision and hearing.
4. Can communicate fluently in English

Exclusion criteria include:

- A recent musculoskeletal injury, physical condition, disability, or neurological disorder that could impair movement or be aggravated by exercise (e.g., running, jumping, lunging, pressing buttons).
- Any pre-existing cardiovascular conditions.
- Youth with a disability (e.g., visual, cognitive, or developmental) will only be excluded if their condition interferes with their ability to do physical activities, hear loud noises, or follow instructions and communicate during the study

What's involved in the study?

Participants will fill out a demographic questionnaire, and then run through the *R2Play* assessment twice within 14 days. Youth will be asked to come in exercise attire and wear a heart rate monitor and movement-sensor. The study will last approximately 2-2.5 hours spread over 2-3 non-consecutive days. Youth may also choose to complete the assessment a third time (optional) within 7 days of the second, adding one additional hour to the study duration.

What are the potential benefits and risks?

By participating, you will help us improve the *R2Play* assessment.

- Participants may experience mild muscle soreness or fatigue due to the physical aspects of *R2Play*.
- Youth participants may experience minor skin irritation due to electrodes from the heart rate monitor.