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Foreword

THIS COMPILATION OF THE JOURNAL OF ASTM INTERNATIONAL (JAI), STP1516, on Safety in Ice Hockey: 5th Volume, contains only the papers published in JAI that were presented at a symposium in Denver, Colorado, May 4–5, 2008 and sponsored by ASTM Committee F08. This symposium was the fifth in a series: the first being held in 1987 in Montreal, the second in 1992 in Pittsburgh, the third in 1997 in St. Louis, and the fourth in 2002 in Pittsburgh. The objective of the symposium and corresponding publication has been to review the current state-of-the-art and science of ice hockey injury prevention.

The JAI Guest Editors are Richard M. Greenwald, Simbex, Lebanon, NH, Thayer School of Engineering, Dartmouth College, Hanover, NH and Alan B. Ashare, St. Elizabeth’s Medical Center, Tufts University School of Medicine, Boston, MA.
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Overview

This is the fifth in a series of presentations addressing issues of safety, injury prevention, and decreasing the risk of catastrophic injury—the first being published from the symposium held in 1987 at Montreal. These Symposia have been held every five to six years, which we feel is an adequate time for new ideas to be formulated. The idea is to present the latest ideas and promote discussion among researchers of expertise and experience in injury prevention and decreasing the risk for catastrophic injury. These presentations brings together researchers in a diverse group of fields, including sports medicine, bioengineering, mechanical engineering, neuropsychology, sports litigation, and sports epidemiology.

In some ways the game of ice hockey has changed, become faster, players have become bigger, and, to some extent, the game has become more dangerous. However, to the vast majority, the players are still “normal” size, are not very much faster than they were twenty years ago, but the players are still sustaining injuries, sometimes catastrophic, which incidence really should decrease with improvements in safety.

There are two objectives of these symposia: the first is injury prevention, and the second is decreasing the risk of catastrophic injuries. There are basically four approaches to achieving these objectives:

• changes or improvements in protective equipment,
• new coaching techniques,
• changes in the playing rules, and
• awareness of possible injuries by the players and coaches.

Head and neck injuries have again taken center stage with eleven of twenty two presentation. The analysis, prevention, and treatment of concussions (mild traumatic brain injuries) have been prominent for the past decade in ice hockey and other contact sports (football, soccer, lacrosse). We have learned to identify the problem, and we have taken steps to treat the injury, but, more importantly, we are looking to make strides in prevention.

There are continued improvements in protective equipment, the playing rules are continually evaluated to address reducing specific injuries, and coaches are using training techniques designed to help players avoid injuries, especially catastrophic injuries. But players still sustain injuries.

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tical support and expertise in planning. Dorothy Fitzpatrick was essential in the coordination and execution of the symposium, as she has been for the last two (or is it three) symposia.

Linda Boniello worked tirelessly through the editorial process, and Suze Reilly was invaluable in the final process of completing and publishing this STP.

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