



## DELEGATION REGISTRATION FORM FOR BOARD, STANDING OR OTHER COMMITTEES

**First Name:**

Tony

**Last Name:**

Whelan

**Please select the applicable Board, Standing, Statutory, Sub or Ad Hoc Committee at which you are requesting to depute.**

Student Achievement and Well-Being Catholic Education Human Resources Committee

**Do you wish to Delegate by electronic means?**

No

**Do you require assistance from the Recording Secretary's Office?**

No

**Do you wish to make your deputation in private session because the matter involves the disclosure of intimate, personal or financial information in respect of a member of the Board or Committee, an employee or prospective employee of the Board or a pupil of his or her parent or guardian?**

No

**Date of Deputation:**

04-30-2024

**Topic of Deputation:**

Football and CTE

**Key Issue(s):**

There is new science that football causes CTE. I would like this handout included in the minutes:

CTE - Football is bad for our students' mental well-being.

Steven H. Miles, MD and Shailendra Prasad, MD, MPH, American Journal of Bioethics, Oct. 30, 2015. They make the argument that it is particularly problematic in



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schools where there is subtle pressure to participate: “Cognitive dysfunction or neuron injury occurs after repetitive mild to moderate athletic concussions. Catastrophic injuries or instances of prolonged loss of consciousness are not required to cause such harm.” <http://www.bioethics.net/2015/10/medical-ethics-and-school-football/> , accessed 5/7/20

A study from University of Rochester published in Sciencemag.org, Aug 7, 2019 “In the new study, researchers at the University of Rochester (U of R) in New York followed 38 of the school’s football players. The athletes wore helmets outfitted with accelerometers to track the number and force of hits during practices and games. Before and after each season, the scientists took MRI scans of the players’ brains. The researchers looked specifically at the midbrain, a region on the brain stem that governs primitive, thoughtless functions such as hearing and temperature regulation. When a player’s head is hit from any angle, the brain ripples like the surface of a pond after a rock is thrown, explains study author Adnan Hirad, a medical student at U of R. Although the forces can affect many regions of the brain, the midbrain’s central location makes it likely to sustain damage. The results were striking. Although only two of the 38 players received a concussion, more than two-thirds of them showed changes to the integrity of the white matter of their midbrains.” <https://www.sciencemag.org/news/2019/08/just-one-season-playing-football-even-without-concussion-can-cause-brain-damage> , accessed 5/7/2020

Dr. Ann McKee, Boston University published her research in The Journal of the American Medical Association: Dr. Ann McKee, chief of neuropathology at the VA Boston Healthcare System at Boston University, examined 202 donated brains from the families of deceased football players. Of those, 177 – 87 percent – showed signs of chronic traumatic encephalopathy, or C.T.E. 110 of the 111 brains from ex-NFL players were diagnosed with C.T.E. “Linemen knock heads on most plays, and those who study brain trauma say the accumulation of seemingly benign, non-violent blows – rather than head-jarring concussions alone – probably causes C.T.E. Data compiled by researchers at Stanford showed that one college offensive lineman sustained 62 of these hits in a single game. Each one came with an average force on the player’s head equivalent to what you would see if he had driven his car into a brick wall at a speed of 30 m.p.h.” “The study found that the high school players had mild cases, while college and professional players showed more sever effects. But even those with mild cases exhibited cognitive, mood and behavioral symptoms.”



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<https://www.nytimes.com/interactive/2017/07/25/sports/football/nfl-cte.html> ,  
accessed 12/9/2020.

Malcolm Gladwell podcast, Revisionist History, Burden of Proof. This podcast makes an argument that we should not need to have absolute proof before taking action.

<http://revisionisthistory.com/episodes/22-burden-of-proof> , accessed Feb 3, 2021

NYTimes article Nov. 16, 2023 is an excellent article about a new study. “They started playing football as kids, began to suffer mentally and died before 30. Researchers found they had C.T.E., the brain disease linked to hits to the head.”

<https://www.nytimes.com/interactive/2023/11/16/us/cte-youth-football.html>

The Vatican published a document on sports in 2018 called Giving the Best of Yourself. There is much praise for sport, and I agree with all of it. It also said this: “Sports that inevitably cause serious harm to the human body cannot be ethically justified. In cases where we are only recently learning about the harmful effects of a particular sport to the body, including damage to the brain, it is important for persons from all segments of society to make decisions regarding these sports that place the dignity of the human person and his or her well-being first.” Giving the Best of Yourself: A Document on the Christian perspective on sport and the Human Person, from the Vatican Dicastery for Laity, Family and Life, 01.06.2018, par 4.

### **Brief Summary of the Topic of Deputation:**

We have new science today that indicates football causes CTE like no other sport. It does not require a concussion. The ministry of education has been asked to deal with this and they passed it on to the ministry of health. Perhaps a Catholic School Board can take the lead, as Toronto public did when they ended corporal punishment. Why not be a headlight rather than a taillight, as King used to say.

### **Action Requested:**

Phase out football over four years.

### **Please select one of the following options:**

I am here as a delegation to speak only on my own behalf.