



LIFE IN THE BUBBLE

The playoff bubbles in Toronto and Edmonton were highly successful in supporting player health and NHL safety and allowed for the Stanley Cup to be awarded on September 28, 2020. The playoff bubbles were established to adapt to the COVID-19 pandemic, while still adhering to NHL medical protocols. Our esteemed colleagues, Drs. Marty Mrazik and Brenda Spiegler, served as the primary Sport Neuropsychologists for all players competing in the Edmonton and Toronto bubbles, respectively. They successfully managed the challenges of consulting to multiple teams, while adapting to the NHL health requirements required as part of the bubble (i.e., numerous nasal swabs, implementation of PPE during evaluations).

Drs. Mrazik and Spiegler noted that clinical psychology skills were as important as their neuropsychology expertise in interacting with staff and players. Players and staff faced unique challenges secondary to living in a restricted environment, thereby highlighting the importance of mental health supports. Drs. Mrazik and Spiegler found having a colleague in a similar environment to be invaluable for technical, procedural and emotional support. Life's always better with a "buddy!"

While they may not get their names on the Stanley Cup, the NHL, Canada, players, and sports neuropsychologists can all be grateful for the commitment, dedication and exceptional work of Drs. Mrazik and Spiegler during the memorable 2020 playoffs.

Dr. Mrazik would like to note that the Stanley Cup was raised in Edmonton!

SNS-Canada would like to highlight the work and contributions of its member and share relevant news from time to time. If you have something you feel would be of interest or benefit to other SNS-Canada members, please contact SNS-Canada Chair Lesley Ritchie, Ph.D. C. Psych.