



NWCAA

2018 – 2019 SEASON

SPORT CONCUSSION GUIDELINES & ATHLETE INSTRUCTIONS

Welcome back! Our sport concussion professional team at the Benson Concussion Institute (BCI) is looking forward to continuing to serve your brain health needs for the 2018-2019 season and beyond!

ABOUT BCI

BCI is an innovative, physician-led, multi-disciplinary sport concussion program founded on over two decades of concussion research and clinical experience. Our insight tells us that no two athletes are exactly the same. Each player is unique with a different set of physical and cognitive attributes that affect their susceptibility and response to a concussive injury. Our program includes an array of pre-season, healthy, clinical assessments that allows our medical team to provide the best possible, individualized management recommendations if a sport-related concussion is sustained. Athletes will have direct, expedited access to the clinic, where they will be assessed and managed efficiently and effectively with communication to the athlete's team therapist and coaches during every step of process, including medical clearance to return to unrestricted competition/game play.

Our multi-disciplinary team is leaders in their respective fields (e.g., sport medicine, athletic therapy, physiotherapy, vestibular therapy, developmental optometry, exercise physiology, sport dietitian, sport psychology, psychiatry, and clinical research) and understand athletes, coaches, and the demands of high performance sport. You can be assured that you will receive the highest standard of evidence-based clinical care for your acute sport-related concussion.

APPLIED CLINICAL RESEARCH

BCI's High-Performance Sport Concussion Program utilizes evidence-based research to provide the basis of its sport medicine physician directed and managed program. You will have the opportunity to participate in cutting-edge research aimed to continuously improve the standard of care for high performance athletes, including cutting-edge robotic technology to objectively and precisely assess visual gaze (oculomotor control) and balance (postural stability), as well as autonomic nervous system function following a concussion and its response to exercise challenges through recovery and return to sport.





2018-2019 Season Sport Concussion Guidelines

Please familiarize yourself with the sport-related concussion guidelines developed for the NWCAA for the 2018-2019 season.

COST

There will be **no additional cost** to players for baseline testing, acute post-concussion assessment and management services as it pertains to the NWCAA 2018-2019 season BCI sport concussion guidelines.

If an athlete experiences persistent symptoms (i.e., > 2 weeks for adults or > 4 weeks for athletes < 18 years) there may be coexisting and/or confounding factors that do not necessarily reflect ongoing physiological injury to the brain (e.g., neck injury, vestibular injury, oculomotor injury, autonomic nervous system dysfunction, psychological disorder such as anxiety, depression, etc.). In such cases, the consulting physician at BCI may recommend targeted management strategies (i.e., physiotherapy, chiropractic, osteopathy, massage, vestibular therapy, optometry, exercise physiology, sport dietitian, sport psychology) to specifically address the coexisting factors. Many of these management services are **not covered** under basic Alberta Health Service plans, nor the BCI subscription plan, and thus additional costs may apply if the family chooses to utilize these services.

PRE-SEASON BASELINE (HEALTHY, UNINJURED) CLINICAL ASSESSMENTS

After final quadrant team selections, or preferably sooner, NWCAA athletes are encouraged to call the BCI Concussion Coordinator (Madeline Cosh) at 587-830-2240 to arrange a baseline appointment. BCI will have a copy of the registrants to verify that the athlete's name is listed for the current season. There will be a large volume of athletes completing the baseline assessments in a relatively short period of time so please call to schedule as early as possible to avoid any delays or potential scheduling conflicts. It is also very important that athletes read the instructions below carefully so they are prepared for their appointment.

After the BCI Concussion Coordinator schedules your appointment, you will be emailed specific forms to **download, print, complete and bring** to your baseline assessment. If you already completed the forms last season, you will not need to repeat this step. In addition, please bring a copy of your Personal Alberta Health Care Number to your appointment. If you forget to bring your completed forms, you won't be able to complete testing on the scheduled day.

All baseline clinical assessments will be completed at BCI by a trained professional. Athletes can expect to be at BCI for approximately 1.5 - 2 hours to complete all the necessary baseline tests.





POST-CONCUSSION PROTOCOL

During the 2018-2019 season, all suspected acute sport-related concussions will be triaged by their respective team therapist / licensed health care provider. Team therapists will notify the BCI Concussion Coordinator (Madeline Cosh) (587-830-2240) as soon as possible following the injury. The BCI Coordinator will call the athlete during business hours (Monday – Friday) to schedule a clinical appointment with a sport medicine physician as soon as possible following the injury. Concussed athletes will undergo a comprehensive clinical assessment with a sport medicine physician experienced in concussion, repeat some of the assessments completed at baseline, and receive specific management recommendations tailored to the individual athlete. Concussion diagnosis and management will meet or exceed the current standard of care for concussion (McCrory et al., 2017). Athletes will be followed at BCI on a weekly basis through recovery and return to play. Written medical updates will be provided for the athlete to give to their team therapists / coaches after every visit, as well as written medical clearance to return to unrestricted competition / game play.

If you have any questions related to above, please don't hesitate to contact our BCI concussion coordinator:

Madeline Cosh, MKin, CAT(C)
Telephone: 587-830-2240
Email: info@bciconcussion.ca

Sincerely,

Brian Benson, electronically signed

Dr. Brian Benson, MD, MSc, PhD, CCFP (SEM), Dip. Sport Med.

