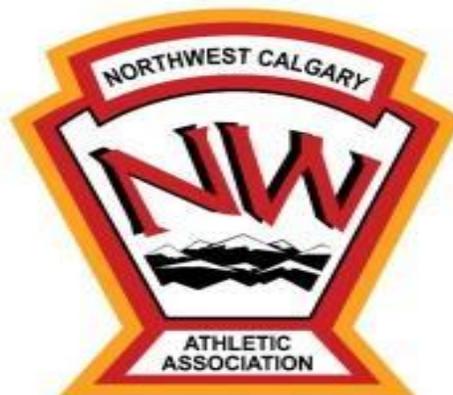


HIGH PERFORMANCE SPORT-RELATED CONCUSSION PROGRAM

ATHLETE INSTRUCTIONS

2020 – 2021 SEASON

NWCAA



Precision. Performance. Prevention.

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 2020-2021 season and beyond!

ABOUT BCI

BCI is an innovative, physician-led, multi-disciplinary, high-performance 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.

Our high-performance team is leaders in their respective fields (e.g., sport medicine, athletic therapy, physiotherapy, vestibular therapy, neuro-optometry, exercise physiology, sport dietitian, sport psychology, sport psychiatry, neuropsychology, sport audiology and clinical research). We understand athletes, parents, coaches, and the demands of high-performance sport. You will receive the highest standard of clinical care to help ensure a safe and successful return to sport.

APPLIED CLINICAL RESEARCH

BCI utilizes clinical research outcomes to provide the basis of its integrated high-performance clinic program. Our proprietary approach using cutting-edge technology and integrated assessment techniques to measure multiple neurologic systems and brain processes typically impacted by concussion, makes it possible to measure even subtle, but clinically important functional deficits that are imperative for a safe and successful return to high-risk sport participation. You will also have the opportunity to participate in cutting-edge research aimed to continuously improve the standard of care for high performance athletes.

PRE-SEASON BASELINE (HEALTHY, UNINJURED) CLINICAL ASSESSMENTS

Beginning July 10, 2020, all returning NWCAA athletes are encouraged to go to BCI's website (www.bciconcussion.ca), click on the **Patient Portal** link, and enter the NWCAA secured site. The login information to access the NWCAA portal will be provided to you by our Concussion Coordinator. Within this portal, please book your baseline appointment at your earliest convenience. Our intake forms for new and returning players will also be available on your secured site. Please **download, print and complete** the required forms.

Precision. Performance. Prevention.

Due to the COVID-19 pandemic we have undertaken significant measures to keep participants, clinical staff and researchers safe, including:

- continuing to use secure remote collection of baseline questionnaires,
- screening participants, patients and staff coming into the clinic (e.g., Alberta Health Services COVID-19 Risk Screening questionnaire and temperature checks),
- use of personal protective equipment (PPE) for participants, patients, clinic/research staff (e.g., masks, gloves),
- frequent use of Health Canada approved hand sanitizer,
- single research apparatus use with strict cleaning and disinfection after every use, and
- appropriate scheduling and physical distancing measures.

Because there will be a larger volume of athletes completing baseline assessments in September / October, we request that you complete your assessment as soon as possible to avoid any potential delay. Athletes can expect to be at BCI for up to 1.5 hours to complete all the necessary assessments.

POST-CONCUSSION PROTOCOL

During the 2020-2021 season, all suspected acute sport-related concussions will be triaged by their respective team therapist. Athletes/parents/team therapists should call our Concussion Coordinator (Madeline Cosh) (587-830-2240) as soon as possible following the injury to schedule an appointment with a sport medicine physician experienced with concussion. Concussed athletes will be assessed and managed with precision by a multi-disciplinary team of professionals and followed weekly through recovery and return to sport. Written medical clearance to return to unrestricted (contact) practice / game play will be provided for team therapists and coaches.

If you have any questions about scheduling your baseline assessment, please don't hesitate to contact our program coordinator, **Madeline Cosh**, at:

Telephone: 587-830-2240
Email: maddie@bciconcussion.ca
Website: www.bciconcussion.ca

Our entire team at BCI wishes you the best of luck with your upcoming season!

Dr. Brian Benson, MD, MSc, PhD, CCFP (SEM), Dip. Sport Med.
Medical Director, Benson Concussion Institute

Precision. Performance. Prevention.