

HIGH PERFORMANCE SPORT-RELATED CONCUSSION PROGRAM

ATHLETE INSTRUCTIONS

2021 – 2022 SEASON

CALGARY ROYALS



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 2021-2022 season! We understand athletes, parents, coaches, and the demands of high-performance sport. You will receive the highest standard of clinical care.

BCI utilizes applied research evidence to provide the basis for its integrated high-performance clinical program. Our comprehensive approach uses cutting-edge technology and multi-modal assessment techniques to measure multiple neurologic systems and brain processes typically impacted by concussion. Having a comprehensive baseline assessment allows us to individualize treatment strategies to accelerate recovery with a safe and successful return to high-risk sport participation.

This year, we are very excited to provide you with an opportunity to participate in a cutting-edge project aimed at improving your athletic performance while at the same time reduce your risk of sustaining a concussion or traumatic lower body injury. Please see attached an executive summary of this opportunity.

PRE-SEASON BASELINE ASSESSMENTS

Beginning June 1, 2021, athletes are encouraged to go to our website (www.bciconcussion.ca), click on the **Patient Portal** link and enter your secured team domain. The login information to access your team portal will be provided in a subsequent email. It is important to book your baseline appointment as early as possible such that you will have the opportunity to participate in our 2-month pre-season supplementary neurological training program at no cost to athletes. Our intake forms for new and returning athletes will also be available on your secured site. Please **download, print, and complete** the required forms, and bring them with you to your baseline appointment.

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.

Athletes can expect to be at BCI for up to 1^{3/4} hours to complete all the necessary assessments.

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POST-CONCUSSION PROTOCOL

During the 2021-2022 season, all suspected acute sport-related concussions will be triaged by your team therapist. Our Concussion Coordinator will schedule an appointment with a sport medicine physician as soon as possible following your injury. 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 training / competition 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, **Nathan Hargrave**, at:

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

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

Brian Benson

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

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