



December 4, 2018

Attention: Ridge Meadows Minor Lacrosse Members

Re: Concussion Baseline Testing Implementation

At the 2018 BCLA Annual General Meeting, concussion baseline testing was mandated for all member associations within the BCLA. This was a move toward helping with our players' safety and concussion injury management in our sport.

The Ridge Meadows Minor Lacrosse Association will be implementing this testing requirement prior to the 2019 Box Lacrosse Season. It is now mandatory that all minor lacrosse players in Ridge Meadows have the testing done prior to stepping on the floor for tryouts this season. The ages we are targeting are Pee Wee and above.

This will be an annual test, and can be performed at any clinic offering CCMI testing. This is the standard test that the Burrards will require. While there are clinics within the lower mainland that offer this testing, we have identified a clinic that will be able to meet our players' needs locally, within the Ridge Meadows region. Dr. Bryson Chow and four of his professional colleagues at KINECTIV Sport and Health clinic in Maple Ridge have been trained in CCMI baseline testing and concussion care. Dr. Chow is from a lacrosse family and played the sport, so is a natural fit to help meet the needs of our club.

Testing will take 20-30 minutes per player, and the cost of the testing will be in the range of \$85. The testing will be covered under personal health care benefits. Dr. Chow's office uses direct billing to your insurance provider, so no need to submit receipts. A pre-appointment form will be available on our website that you will need to print, complete, and take to the baseline test appointment. We are striving to make this process as easy as possible, if you have any questions, please email: [president@rmburrards.com](mailto:president@rmburrards.com).

Further details of the program will be added to our website.

Thank you,

John Olson  
President  
Ridge Meadows Minor Lacrosse