



Baseline Concussion Testing FAQ

What is a Concussion?

A concussion is a brain injury. It changes the way the brain functions and can have long term effects.

How does a concussion happen?

A concussion can be caused by a direct or indirect hit, blow or force to the head or body.

What is baseline concussion testing?

Baseline testing is a pre-season exam conducted by a trained health care professional. A baseline test (or pre injury test) is a battery of tests that measures every area of brain function that could potentially become affected following a concussion. The reason that the test is termed a “baseline” is because it is done BEFORE the athlete gets injured. In order to know when an athlete has fully recovered, we first have to know where they were when they were healthy. Without having this information, there is no way to truly know when an athlete has fully recovered and is safe to return to their sport.

Why does my daughter need a baseline concussion test?

Baseline tests are used to assess an athlete’s balance and brain function including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solve problems, as well as for the presence of any concussion symptoms. It is important to note that some baseline and concussion assessment tools are only suggested for use among athletes ages 10 years and older.

When should baseline testing be completed?

Baseline testing is important to get done prior to beginning your sports season and on a yearly basis. It is recommended baseline concussion testing be done every year to capture a baseline or starting point of measurement at the beginning of the season.

When should this be completed?

For the 2015/2016 season please have you test done by October 30th, 2016.



Who needs to get a concussion test?

The FGHA policy states baseline concussion testing must be completed for girls in the following divisions:

- Pee wee
- Bantam
- Midget/Intermediate

Guidelines

The FGHA is following recommendations supported by organizations including both the Parachute (formerly ThinkFirst) and impACT. It is up to local associations and leagues to implement recommendations. The FGHA believes in preventative and proactive measures for this safety of our players.

Where can I get a baseline concussion test?

Please see the FGHA website for a current list of suggested locations. Average price for the testing ranges between \$40.00-\$60.00.

What if I have more questions?

If you have more questions or concerns, please contact your team trainer.

Resources and References

Centre for Disease Control and Prevention

http://www.cdc.gov/headsup/basics/baseline_testing.html

McMaster Children's Hospital - CanChild

http://canchild.ca/en/ourresearch/resources/MTBI-Return_to_Activity_Brochure.pdf

Parachute Canada (Formerly ThinkFirst)

<http://www.parachutecanada.org/injury-topics/topic/C9>



Concussion Study at the University of Toronto

Study objective: Establish normative data in regards to common concussion and mood symptoms that exist among non-concussed adolescent athletes.

The problem: The scientific and medical community know very little about treatment and recovery from sport-related concussion, and accessing the adolescent athlete population is very difficult.

The solution: Sport organizations can help further our knowledge by working with concussion researchers to better understand an injury that frequently affects players at all levels of hockey.

- this is a survey-based study
- **surveys/consent take approximately 10-20 minutes** and multiple athletes can participate simultaneously as these surveys are completed by the athletes themselves. Questionnaires are completed at **one time only**.
- ***Both males and females between the ages of 13 and 18 years old are eligible to participate** - they **DO NOT** have to have a concussion to participate *
- surveys are administered by an in person evaluator/research student. This is best done before or after a **practice or team training event** where your players will be present
- this **study is completely voluntary and the athlete is free to withdraw** at any time (even after they have already completed their questionnaires)

If interested, speak to your team coach or contact Tian Renton tian.renton@mail.utoronto.ca
Tian will also be attending the FGHA picture day on Dec. 6th and 8th for those wishing to participate and complete a survey while waiting for their team photo