

Concussion Baseline Testing Frequently Asked Questions

Why should I have this done?

GRA has made a decision to recommend this as part of their player safety concerns for all competitive teams. It is something that is already implemented by other sports organizations and associations which are in the process of making baseline concussion testing mandatory for participation in sport. The bottom-line is that post-concussion damage is more easily assessed with pre-concussion measurements to compare.

How much does this cost?

GRA Competitive teams will decide how they wish to cover the cost of this program. Each player may individually return the fee to their team manager or the team may decide to include it as part of their team fees. In any case GRA pays the overall bill of \$30/player and then recovers the cost from each team. Thus a player from GRA will not need to pay anything at the time of the appointment.

If an athlete who does not have an affiliation with GRA would like to have the testing done, the cost is \$90.

Can my son/daughter also get it done even if they don't play REP?

Yes they can, although they will be expected to pay as per the above fee. The baseline testing appointment can be billed as a physiotherapy visit, and so can be submitted to extended health plans which cover physiotherapy services.

My son/daughter did this last year so do they have to do it again?

Yes. Baseline concussion testing measures several variables that change as young athletes mature and grow both physically and mentally. The physiotherapy assessment will evaluate their balance and vision tracking which should be improving each year. The neurocognitive testing also measures their mental capabilities, which also should be improving with each school year. Annual testing ensures that we have an accurate baseline of each athlete's capabilities before the season starts. This gives your healthcare practitioner a true baseline to measure against, should a future injury occur. In addition, we are not just establishing baseline, but identifying higher risk players and determining if there are any other concurrent issues (such as neck pain) which could predispose someone to having symptoms if they are injured. The testing also gives our physiotherapists the opportunity to educate players, parents and coaches so that they are aware of prevention and post-injury management strategies.

Will you give me something to say the test has been done?

Yes. All players are given a signed form to give to their coach upon completion of the testing. We will also send a list of players who have completed baseline testing to GRA.

I don't know anything about concussions and don't really care about my kid getting this test done, as he/she has never had a concussion.

We recommend that all parents attend one of our information sessions about concussions and the implications of your child suffering a concussion. Keep an eye out on the GRA website for dates of upcoming information sessions before the season starts.

So what happens if my child does get a concussion?

GRA has return to school and return activity guidelines posted on the website which are in accordance with the Zurich Guidelines Consensus Statement for Concussion in Sport. Your coach and team trainer are knowledgeable about these guidelines and will be able to assist with the process.

If a concussion is suspected, please book an appointment to see your doctor. Your doctor will be able to determine the best steps to take in the management of your child's concussion.

Additional problems from a suspected concussion can arise over the first 24-48 hours. In most cases, you do not need to take your child to the hospital. However, please take your child to the hospital at once if they:

- Have a headache that gets worse
- Are very drowsy or can't be awakened
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused or are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet or have slurred speech

If your doctor has recommended further concussion management from a health professional, we, along with other health professionals with concussion management expertise, can treat your child's concussion. Even if the baseline testing has been done with us and you use a different health professional's services, your child's baseline testing results can be shared with them with your permission.