



# CONCUSSION POLICY



A concussion is a type of traumatic brain injury that can have serious effects on a young, developing brain. While most children and teens with concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks, months, or even years.

We recognize that the improper management of concussions can result in potentially permanent or fatal outcomes. As such, Saskatoon Alliance has partnered with **Complete Concussion Management™ (CCMI)**, a leading concussion research group, which involves a network of clinics across Canada with specialized training and certification in the diagnosis, management, and rehabilitation of concussions. The local Saskatoon clinic with which SYSI has proudly partnered with is **Kids Physio Group** Unit C, 380 2nd Ave North Saskatoon, S7K 2B9 ([website here](#))

## Policy

1. All athletes aged 10yrs and up are **STRONGLY RECOMMENDED** to have completed a full comprehensive **Baseline Test** through any Complete Concussion Management clinic prior to participation in any practice or game. You can provide proof of completion by presenting your re-test date (found on the Concussion Tracker smartphone application) to your coach/trainer.
  - Baseline Testing is a series of physical and cognitive tests that provides a pre-injury overview of healthy brain function. It can include reaction time, grip strength, balance testing, memory, and eye tracking.
  - Baseline Testing provides objective data that compares your player to themselves at the beginning of the season. Without a baseline, it can be challenging to determine when the player is back to their “normal”.
  - Baseline Testing gives the physiotherapist, coach, and parents/guardians the confidence to allow the player to return to play safely. You can choose one of the following for your player:

### Option 1: Basic DuoModal

Complete at home, on the Concussion Tracking App on your smartphone  
Balance Test – Postural Sway  
Neurocognitive Test – DANA Test

### Option 2: Comprehensive Multimodal

This is a series of multimodal tests designed to evaluate various areas of brain function, including memory and attention, balance and coordination, visual processing, reaction time, and neurocognitive testing.

Completed in-clinic by physiotherapists, with the neurocognitive test - DANA test using the app, completed at home.

Additional cost to families; covered by most extended health benefits.

**Note:** Option 2 may provide an added layer of safety for advanced athletes, or high-risk individuals including those with a prior history of concussions, learning disabilities, ADD/ADHD, diagnosed depression/anxiety/sleep disturbances or other medical conditions.



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SYSI Alliance has partnered with SKPG for members that choose to complete the Comprehensive Multimodal testing at a discounted rate; however, members may select another CCMI provider to complete comprehensive multimodal testing.

2. All Coaches and Trainers involved in SYSI Alliance (Plus 1 caregiver from each family – Recommended) must complete the CCMI Concussion Sideline Course and download the accompanying \*CCMI Concussion Tracker Smartphone Application. This can be completed at [www.completeconcussions.com](http://www.completeconcussions.com) (\*Complementary access code provided by SKPG).
3. If a concussion is suspected, whether it occurs as a part of SYSI Alliance or otherwise, the athlete is to be removed immediately from all practices and/or games and not permitted to return until cleared through the *Concussion Tracker* Smartphone Application
  - a) Indication of injury is demarcated by a red icon beside the player's name on the Concussion Tracker coach/trainer smartphone app. A green icon beside a player's name indicates that they are cleared for full participation.
  - a. All suspected concussions should be encouraged to either make an appointment at the nearest CCMI clinic (Saskatoon Kids Physio) or health practitioner as soon as possible, within 24-48 hours, to receive a proper diagnosis and help speed the Return to Sport process.

#### 4. **Return-to-Sport Process:**

Each stage in this process must be completed prior to ANY athlete returning to practice or competition. Each stage must be separated by at least 24 hours and the athlete must be completely symptom-free at each stage prior to progressing to the next stage. If symptoms are experienced at any stage, the athlete is to drop back to the previous stage for a period of 24 hours and be symptom-free at that stage prior to attempting the next stage again.

\*\* Return to Sport – Stage 2 and prior to Stage 5 and finally Stage 6 must be under the direction of a CCMI certified practitioner.

Full details of Return to Learn/Work/Sport on Page 3.

SYSI Alliance has formed a collaborative partnership with Complete Concussion Management Inc. because they are the leaders in concussion management for amateur sports associations across Canada. All protocols and stages are based on the most current scientific research and this policy has been enacted to help keep your kids safe; reducing the risk of concussion as well as the potentially permanent or fatal outcomes that may arise from improper management of these injuries. Thank you for your cooperation as well as your support in helping to make this sport safer for your children.

Sincerely,

Ian Knight  
Technical Lead  
SYSI Alliance



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## Return to Learn/Work/Sport Protocols.



Stage	Return to Learn/Work	Stage	Return to Sport/Activity
01	<b>Symptom-limited Cognitive Activity</b> Light reading, TV, etc. - provided no increase in symptoms - also encourage plenty of rest - "take it easy for a day or two - but don't just lie in bed all day" - 2-3 days MAX.	01	<b>Symptom-Limited Physical Activity</b> Encourage light daily walks, and household chores that do not provoke symptoms to a significant degree or place you at risk for hitting your head.
02	<b>Light Cognitive Activity</b> Increase cognitive load - encourage homework and working from home - emails, phone calls, assignments, etc. - once able to tolerate 45 mins - 1 hour with minimal increase in symptoms, move on to stage 3	02	<b>Light Physical Activity - Buffalo Concussion Treadmill Test</b> If it's been any more than 5 to 7 days since the injury - it's time to find a threshold and start a subsymptom threshold exercise program - can speed recovery vs. rest alone - get them moving. Pass = Move to Stage 3, Fail = Subsymptom program, re-test in 1 week.
03	<b>Half Days of School/Work - with restrictions:</b> No tests, no gym, no recess, no (added) homework (or at least loose deadlines to reduce pressure).	03	<b>Sport-Specific Activity</b> Light, non-contact practice with the team or individually.
04	<b>Full Days of School/Work - with restrictions:</b> Same restrictions as above - once able to tolerate full days with no increase in symptoms, gradually lift restrictions.		
05	<b>Full Days of School/Work - No Restrictions - Discharge Non-Athletes</b>		
	<p>RTL &amp; RTP can be run independently (i.e., you can be on stage 3 of RTP and only stage 2 for RTL) until you reach the medical clearance stage which cannot happen until full RTL has been achieved and the patient is asymptomatic and back to all academic/cognitive/work activities and capabilities before even considering a return to contact.</p>		<b>Medical Clearance*</b> Once completely ASYMPTOMATIC and back to full-time school/work with no issues, and no increased symptoms with physical activity/practices: Blackhawks test (if a high-risk/contact athlete) and comprehensive baseline re-test (if available) in exerted state.
		04	<b>Non-Contact Training Drills</b> Higher intensity, non-contact practice with team - can begin resistance training - start pushing yourself
		05	<b>Full Contact Practice</b> Please note that in some jurisdictions and sporting codes, a physician sign-off may also be needed before a full return to sport
		06	<b>Full Return to Contact/Discharge*</b> Should have at least 1 full contact practice prior to playing in a game. A virtual consult with the treating healthcare professional should be arranged after the full-contact practice and prior to full return

\* May require sign-off from specific medical professionals based on your jurisdiction and/or sport