



Concussion Policy.



Team Buller Riders.





Team Buller Riders (TBR) Concussion Policy.

Introduced: June 2023

While we recognise that concussions cannot be fully prevented, education and training as well as prompt and appropriate management can better protect the health and well-being of our athletes, while also potentially reducing the amount of training / competition missed due to concussion.

As such, **TBR** has partnered with Complete Concussions, a leading concussion care and research organisation, to develop and implement an evidence-based concussion policy.

POLICY.

1. **All athletes 14 years of age or older participating in TBR's All-Mountain, Mogul, Freeski/ Slopestyle and Snowboard programs are required to complete a comprehensive pre-season baseline test through any Complete Concussions clinic prior to participation in any training or competition.**

For any athlete aged 13 and younger participating in TBR's Grom and Snowboard programs, comprehensive pre-season baseline testing is highly recommended.

- a. Baseline tests are valid for 1 calendar year. Athletes must present proof of completion of a baseline test that will remain valid throughout the upcoming season in order to participate. If your baseline test is set to expire during the sporting season, you may be required to take a re-test to ensure validity throughout the season.
- b. To find a location in your area please visit <https://clinics.completeconcussions.com/> and contact them to register your team or athlete for baseline testing.



2. All TBR staff must complete the Complete Concussions Sideline Course and download the accompanying Concussion Tracker Smartphone Application. This can be completed at:
<https://completeconcussions.com/course/concussion-sideline-course/>

TBR Coupon Code: tbraus

3. If a concussion is suspected, whether occurring as a part of **TBR training** or otherwise, the athlete is to be removed immediately from all training and/or competition and not permitted to return until cleared by their physician or a Complete Concussions practitioner.
 - a. All suspected concussions occurring during any **TBR** training or competitions must be reported through the Concussion Tracker app by a coach/trainer and documentation must be sent to the Coaching & Performance Director via email to **tim@teambuller.com**
4. All suspected concussions should be encouraged to see their primary care physician or make an appointment at the nearest Complete Concussions clinic (<https://clinics.completeconcussions.com/>) as soon as possible to receive a proper diagnosis and begin the Return-to-Sport process. If any red flags are suspected the athlete should immediately visit the nearest emergency department.

5. **TBR** Return-to-Sport Process:

The appropriate, evidence-based management for returning a concussed athlete back to sport and other high-risk activity is done by completing the following steps in a closely supervised manner with a healthcare professional with training and experience in the management of sport related concussions.



Each stage must be separated by at least 24 hours and the athlete must not experience an increase in symptoms at any one stage in order to progress to the next. If symptoms increase at any stage, the athlete is to drop back to the previous stage for a period of 24 hours prior to attempting the next stage again. Any stage below marked with ** indicates that this stage must be completed under the supervision of a Complete Concussions trained practitioner or your primary care physician.

TBR has formed a collaborative partnership with Complete Concussions because they are the leaders in concussion management for amateur and professional sports associations. All protocols and stages are based on the most current scientific research and this policy has been enacted to help keep our athletes safe. This policy is subject to revisions as new research emerges.

Sincerely,

Tim Gale

Coaching & Performance Director

Team Buller Riders

Return to Learn/Work/Sport Protocols.



02	<p>Light Cognitive Activity</p> <p>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.</p>	02	<p>Light Physical Activity – Buffalo Concussion Treadmill Test</p> <p>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.</p>
03	<p>Half Days of School/Work – with restrictions:</p> <p>No tests, no gym, no recess, no (added) homework (or at least loose deadlines to reduce pressure).</p>	03	<p>Sport-Specific Activity</p> <p>Light, non-contact practice with the team or individually.</p>
04	<p>Full Days of School/Work – with restrictions:</p> <p>Same restrictions as above - once able to tolerate full days with no increase in symptoms, gradually lift restrictions.</p>	04	<p>Non-Contact Training Drills</p> <p>Higher intensity, non-contact practice with team - can begin resistance training - start pushing yourself.</p>
05 - Full Days of School/Work – No Restrictions – (Discharge Non-Athletes)			
05	<ul style="list-style-type: none"> • Stages 1-4 for RTL vs. RTP can be run independently (i.e., you can be on stage 3 of RTP and only stage 2 for RTL) • In order to progress to the medical clearance stage however, the athlete must be fully asymptomatic and back to all academic/cognitive/work activities and capabilities before even considering a return to contact. 	05	<p>Medical Clearance</p> <p>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.</p>
		06	<p>Full Return to Contact/Discharge</p> <p>Should have at least 1 full contact practice prior to playing in a game.</p>

