

Baseline Testing and Early Care Program

The Concussion Centre at Holland Bloorview Kids Rehabilitation Hospital is the largest in Canada and one of the first dedicated exclusively to pediatric concussions. The Concussion Centre has a baseline testing and early care program which offers youth access to physician-led concussion care if one is sustained. The Markham Waxers Organization will be working with Holland Bloorview this coming 2018/19 season to complete baseline testing and enroll each athlete into this program. This will ensure all athletes receive specialized physician-led care and return to school/play guidance if a concussion is sustained.

What is baseline testing? It involves the completion of a full range of objective measures used to get a full picture of brain and body performance prior to a concussion occurring. This program also includes education for both parents and youth on concussion signs & symptoms and the importance of reporting a suspected concussion.

What happens after the concussion? The importance of a baseline testing program lies in physician led post-injury care. This program offers an initial assessment with our specialist physician, and follow-up testing with rehabilitation health professionals using the same measures from the baseline test. Our physician's interpret all aspects of a child's functioning (clinical history, neurological assessment and comparison of post-injury to baseline test results) and combine it with their clinical expertise specific to the pediatric population to assess concussion recovery and make the most appropriate return to learn and play decisions.

The cost for enrolling each athlete in this program is covered by the Waxers organization fees. Should a concussion occur within 1 year there will be **no additional cost** for all early physician-led follow-up care. Baseline testing will be completed as a team and will occur at a location in Markham that is convenient for each team. More information will follow with details for your team's baseline testing sessions and other information as needed. For more information about our program please visit (www.hollandbloorview.ca/baselinetesting).

Also to note, training is being provided for all coaches and trainers to ensure that the most up to date information about concussions is translated and proper protocols for concussion are understood and implemented. This will ensure proper safety protocols for each child are met according to provincial standards recently passed with "Rowan's Law" in the province of Ontario.

Thanks very much and we look forward to working with and supporting the Markham Waxers Organization this coming season!

Sincerely,

James Murphy, Baseline Testing and Early Care Program Manager