

Concussion Management & Safety

At **Burlington City Rep Hockey Club**, the health and safety of our athletes is our top priority. While we work hard to prevent head injuries, we recognize that concussions can still occur in sport. To ensure the best possible care, we've partnered with [**SHIELD Athletics & Sports Medicine**](#) to provide a comprehensive **Concussion Management Service** specifically designed for our teams.

This partnership supports a safe and evidence-based recovery process for athletes who suffer head injuries, with access to expert healthcare providers, advanced diagnostic tools, and personalized rehabilitation plans.

Partnering for Player Safety: SHIELD Athletics & HEADCHECK Health

Through our partnership with **SHIELD Athletics & Sports Medicine**, we utilize the **HEADCHECK Health** digital platform to manage concussion care. HEADCHECK was developed in 2013 out of a concussion research lab to simplify and improve the implementation of concussion protocols.

HEADCHECK's technology is now used by thousands of organizations, including professional sports leagues such as **Major League Soccer (MLS)**, the **Canadian Football League (CFL)**, **USA Cycling**, and even in international competitions like the **Olympics** and **Tour de France**.

The platform includes tools officially approved by the **Concussion in Sport Group (CISG)**, including digital SCAT6® testing. This system helps healthcare providers, coaches and team trainers work together seamlessly, supporting safer and more consistent concussion care.

Understanding Concussions

A **concussion** is considered a **mild traumatic brain injury (mTBI)**, typically caused by a blow to the head or body that disrupts brain function, even if the person doesn't lose consciousness.

While standard brain scans like CTs or MRIs often appear normal, a concussion can cause temporary changes in how the brain functions, including disrupted communication between brain cells.

Most people recover within a week, but symptoms can resolve before the brain has fully healed. That's why rest and **medical clearance** are essential before returning to sport or school.

Baseline Testing

What is Baseline Concussion Testing?

Baseline testing is a series of physical and cognitive assessments performed when an athlete is healthy, typically before the start of a season. It evaluates:

- Medical history
- Symptom profile
- Cognitive function
- Balance and coordination

These results serve as a **personalized reference** to help healthcare professionals assess changes after a suspected concussion.

Why It Matters

Each athlete's brain is unique. Baseline testing allows for:

- More accurate post-injury comparisons
- Better-informed return-to-play decisions
- Individualized treatment plans
- Reduced risk of complications

Concussion symptoms often fade before the brain has fully recovered. Having access to baseline data gives clinicians better tools to make safe and informed decisions about returning to sport.

Our Club Policy on Baseline Testing

As part of our commitment to safety:

- **Baseline testing is required** for all Burlington City Rep athletes **U14 and older**.
- It is **strongly recommended** for all athletes **age 8 and up**.

To learn more or schedule a baseline test, [click here](#).

Concussion Reporting & Monitoring

Coaches and trainers will have access to the **HEADCHECK Health mobile app**, which allows them to:

- Record and report suspected concussions
- Communicate directly with SHIELD practitioners
- Monitor an athlete's recovery progress

This ensures timely care and helps guide a safe **Return to Learn, Work, and Play**.

Concussion Treatment & Return-to-Play

If a concussion is suspected:

- **SHIELD Athletics & Sports Medicine** offers **priority appointments** for athletes who have completed a baseline test through SHIELD/HEADCHECK.
- Their practitioners assess symptoms and compare them to baseline results to determine the likelihood of a concussion.
- If diagnosed, a **Return-to-Play protocol** is initiated and guided by SHIELD's experienced healthcare professionals.

Treatment Process

- **Initial Rest:** 24–48 hours of symptom-limited physical and mental rest.
- **Gradual Activity Resumption:** As per international consensus guidelines, athletes follow a step-by-step increase in physical and cognitive activity, monitored by licensed professionals.
- If symptoms persist beyond 10 days, treatment may include:
 - Exercise therapy
 - Manual therapy (neck)
 - Nutrition and lifestyle changes
 - Vestibular and visual rehabilitation

Return to Learn, Work, and Play

We follow a structured **10-step protocol** for a safe return to Play:



This phased approach ensures the brain has fully recovered before full reintegration into normal activities, reducing the risk of further injury.

Concussion Awareness Training

We encourage everyone involved in the athlete's life to be informed and proactive.

- **Coaches & Trainers:** We recommend completing the [Concussion Awareness Training Tool for Coaches and Officials](#), a resource designed to equip staff with evidence-based knowledge for managing concussions.
- **Parents & Caregivers:** We also encourage you to complete the [Concussion Awareness Training Tool for Parents and Caregivers](#), helping you understand how to recognize, respond to, and support recovery from a concussion.

Final Notes

At Burlington City Rep Hockey Club, we are proud to prioritize the long-term well-being of our athletes. Through expert partnerships, advanced technology, and a shared commitment to education and prevention, we aim to create a safer environment for every player.

For more information or to book a baseline test, please contact us at info@shieldperformance.ca or 905-319-9659 or visit the SHIELD Athletics & Sports Medicine website.