



a place of mind
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Dear Parents and Coaches of RFC

I am writing to you to give you an update on the RFC concussion management program.

Last year the RFC Board led by Rein Weber and his team approached me to start and implement a concussion program for all children and youth. At that time, following the international guidelines, we conducted baseline testing using the SCAT3 as well as EEG testing on over 90 athletes ranging in age from 5 years of age to 18 years. We were overwhelmed with the response and were able to successfully complete all the testing over a period of several weekends.

I want to extend my thanks to all the parents, athletes and the Board for taking part in this new initiative. I hope that the report my team sent to all you was useful and informative.

As many of you may have heard, the international community and Parachute Canada (<http://www.parachutecanada.org/corporate>), in consultation with the Expert Advisory Concussion Subcommittee and reviewing current evidence made the following key recommendations with respect to the use of baseline testing in Canada in August 2017:

Baseline testing is not recommended in youth athletes regardless of the sport or level of play.

In addition, and I think this is especially important for the RFC players, they recommended that: **“Rather than using resources for baseline testing, sports organizations are encouraged to develop processes within their organizations to “recognize and remove” when a suspected concussion has occurred”.**

In light of these new guidelines and to follow best practice, the RFC Board has elected to forgo baseline testing and to focus on developing an evidenced based protocol for concussion management. I will be working with the Board and our team at UBC to develop best practice guidelines.

We would like to invite all parents and coaches to attend an information session where we will discuss these new guidelines. We have invited Dr. Shelina Babul (Associate Director, Sports Injury Specialist I BC Injury Research & Prevention Unit I BC Children's Hospital) to speak about the guidelines and the new initiatives for concussion education.

I will also share the results from the EEG testing that we conducted last season. The results from the EEG testing that you participated in has helped us create a baseline of typical brain signals in children and youth and will be extremely useful in developing objective measures to determine if there are changes in brain signals as a result of concussion.

I hope to meet with many of you during this session.

Please feel free to get in touch with me if you have any questions prior to this session

Best wishes and many thanks for your for your continued support!

A handwritten signature in black ink, appearing to read 'Naznin Virji-Babul', written in a cursive style.

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