

Sports Concussion Programme 2018
Supported by Dischem as part of their Sports Safety initiative



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Dear Parents, Scholars and Coaches

THE SCHOOLS SPORTS CONCUSSION PROGRAMME 2018

I am pleased to offer the Schools Sports Concussion Programme again in 2018. This programme focuses on correct concussion protocol from field side to return to sport. Sports Concussion South Africa strongly supports SA Rugby's BokSmart injury prevention standards and the latest international protocols as presented at the International Consensus Conference on Concussion in Sport held in Berlin in October 2016.

Accurate baseline data

When assessing concussions, as much information on brain function change as possible makes for the most accurate and safest return-to-play decisions. Part of this is an accurate, supervised brain function test, such as a computerised brain assessment, to which post-concussion tests can be compared. Julia Williams will again be facilitating this process. For 2018, we are exploring new information technology platforms and educational initiatives with an international partner.

Medical evaluation

Importantly, the cost of programme enrolment includes medical evaluations by a sports doctor in the days following a suspected concussion.

The annual Sports Concussion Programme fee remains unchanged **at R380** for 2018 and includes:

- Concussion Recognition Tools (CRT) and Concussion Advice Cards for the school
- A school link to www.sportsconcussion.co.za
- As many **consultations** as necessary by a sports doctor after any suspected concussion.
- A free **baseline computer brain function test** before the season (at your school or in one of our laboratories).
- As many **follow-up brain function tests** as necessary after any concussion.
- **BokSmart protocols & posters on safe return-to-learning and return-to-play**

Baseline testing must be repeated annually

Please note that even if your child has had a previous baseline test, he or she **must be retested annually**. This ensures that we have accurate, up-to-date information on their brain function. The purpose of the programme is to return the injured player to sport as soon as is safely possible. At no time should a player be returned to sport following a concussion without being thoroughly assessed by a doctor and taken through a graduated return to play process. Please contact **Julia at 084-678 5000** or the sports department to arrange for testing.

Yours faithfully



Dr Jon Patricios (011-8839000 / sportsconcussion@mweb.co.za)

www.sportsconcussion.co.za

“Return to play, the safer way!”