



HUNTSVILLE MINOR HOCKEY ASSOCIATION (HMHA)

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HMHA is pleased to announce our partnership with The SportLab!



This partnership will guarantee support and education to all our members on concussion prevention and treatment. To kick this initiative off, The SportLab has created **Concussion Information Tags**, information on how to support an athlete in the first 24hrs or some Concussion Red Flags to be aware of like loss of consciousness or severe headache. These tags can easily be attached to your hockey bag, trainer bag or anywhere you may find this information useful in a critical moment! Only take what you need. If team members are not

interested in this information tag, please leave extras inside your lockers for pick up.

Q & A: Concussion and Baseline Testing – When in doubt, sit them out!

Below are Question & Answers on the “Basic Testing” that the SportLab offers.

Q: What is baseline testing?

A: Baseline tests are used to assess an athlete’s balance and brain function, including learning and memory skills. It assesses their ability to pay attention or concentrate and how quickly they can solve problems. It is important for post concussion injury care.

Q: Who should do baseline testing?

A: Athletes from many sports benefits from baseline testing. Concussions can happen to anyone.

Q: How long is the baseline test good for?

A: Baseline testing is good for one year. If you are a multi-sport athlete this testing needs to only be done once per calendar year.

Q: Is baseline testing mandatory?

A: Baseline testing is not mandatory.

Q: Who pays for baseline testing?

A: Parents are responsible for the fees associated with baseline testing. Many extended health plans (benefits) will cover this cost. Approximate cost is \$100 for the baseline testing.

Q: Does anyone in Huntsville offer baseline testing?

A: The Sport Lab in Huntsville offers baseline testing. 1-855-776-7852 start@thesportlab.ca 68 West Road, Unit 2, Huntsville, P1H 1L8

Q: My child has been removed from play because of a possible concussion, do I have to take my child to The SportLab?

A: The athlete must have a RETURN TO PLAY form completed by a physician following a suspected concussion. If you attend The SportLab for treatment following a concussion, they have a close working relationship with a physician who can facilitate the return to play based on the SportLab staff’s recommendation. No obligation to use The SportLab.

If you have any questions or looking for further information, please contact hmha.info@gmail.com