

Overview

The SHRed Concussions Research team at the BC Injury Research and Prevention Unit and University of British Columbia (UBC) is hiring Therapists through BC Rugby to help support the research program at identified clubs in the Lower Mainland.

The purpose of this document is to **outline the roles and responsibilities of the BC Rugby Therapists who will be assisting in the SHRed Concussions research** being undertaken by the University of British Columbia and supported by the University of Calgary.

What is SHRed Concussions?

SHRed Concussions is a pan-Canadian research study funded by the National Football League's (NFL) Scientific Advisory Board at the University of Calgary. UBC is one of the research sites supporting the research project. SHRed stands for **Surveillance in High Schools and Community Club Sports to Reduce Concussions and its Consequence.**

The purpose of the study is to develop a greater understanding of concussions through prevention, detection, assessment and treatment.

Youth athletes are recruited across a number of sports, of which one includes rugby. UBC is recruiting athletes aged 13-17 playing club rugby within the Lower Mainland with the support of BC Rugby. For athletes participating in the study, they will gain benefits which include:

- Free assessment for any injury an athlete sustains with an therapist.
- Follow-up with a sports concussion specialist for a suspected concussion (at BC Children's Hospital and/or the physician's offices).
- Contribution to research that will assist in the development of safety recommendations for youth rugby.

UBC and BC Rugby are recruiting identified clubs in the Lower Mainland to participate in this study. Athletes within these steams are asked to do the following:

- Complete a baseline testing session at the start of season with the research team that involves
 - o Baseline questionnaires
 - o Sport Concussion Assessment Tool-5 (SCAT5),
 - o Height/weight, and fitness measures,
- Complete a weekly questionnaire that asks about whether they have sustained an injury in the past week and what physical activity they have participated in.
- Report any injuries they sustain throughout the course of their rugby season.



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Roles and Responsibilities

Therapists who are assisting in this research will be working directly with identified clubs to support the SHRed Concussions research program. All therapists will be undertaking this work on behalf of BC Rugby and UBC. Any activities the therapist engages in outside of those listed below are not covered under this position. Should clubs wish to engage therapists in further work this must be disclosed to BC Rugby and UBC. Any questions regarding the research should be directed to BC Rugby and UBC via the contact details below.

BC Rugby Therapists involved with SHRed Concussions can be involved in two responsibilities:

1. Assisting with SCAT5 administration during baseline testing sessions
2. Injury follow-up with individual clubs

Baseline SCAT5 Administration Therapist Responsibilities

UBC is looking for therapist support to assist in administering SCAT5s during baseline testing sessions with the identified teams. Therapists would be asked to:

- Attend a pre-meeting to be trained on how to validate recording process and administration of SCAT5 including outlining the systems to be used (REDCap portal) during the week of September 12th
- Administer SCAT5 to SHRed participants at baseline testing sessions

Upcoming opportunity: The SHRed Concussions Mobile will be visiting Vancouver with a research team from UCalgary to support baseline testing of the identified teams with the UBC research group prior to the upcoming club season!

- Testing will occur Monday, September 19th through Thursday, September 22nd and will occur in evenings, in place of normal club training times.
 - o Monday, September 19, 4:30pm-6:30pm – Langley Rugby Club, Milner Park, 6810 Johnston Townline Rd #6732, Langley, BC V2Y 1S6
 - o Tuesday, September 20, 4:30pm-6:30pm - Bayside Rugby Club, South Surrey Athletic Park, 1925 148 St, Surrey, BC V4A 9P6
 - o Wednesday, September 21, 4:30pm-6:30pm - Bayside Rugby Club, South Surrey Athletic Park, 1925 148 St, Surrey, BC V4A 9P6
 - o Thursday, September 22, 4:30pm-6:30pm – United RFC, Mundy Park Field 4, 641 Hillcrest St, Coquitlam, BC V3J 6N9

Therapists may be released earlier depending on the number of participants in attendance. There may be additional baseline testing beyond this, but these dates are to be determined based on recruitment numbers from the clubs that have agreed to participate.

Club injury follow-up

Therapists that are interested in engaging further in the SHRed Concussions research project also have the opportunity to assist with injury assessment and follow-up.

- Therapists are asked to assess any injury that an athlete has sustained for which they would like an assessment.



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BC Rugby: Call for Therapists for Concussion Research Study

- To facilitate these assessments, therapists would perform one weekly visit to a club's training session. Club training sessions to attend would be agreed upon with UBC and BC Rugby.
- The responsibilities of a therapist who is representing SHRed is to **only assess an injury** and provide recommendations on what the athlete's next steps should be. There is no treatment provided (inclusive of taping) as this is not within the scope of the SHRed Concussions research project.
- Additionally, therapists might be asked to help follow up with return-to-play details for injuries that were reported by athletes.

Tasks for therapists to be completed prior to participation with SHRed Concussions:

Once a therapist has agreed to engage with the SHRed Concussions project, there are a few administrative tasks to be completed, such as

- UBC Training (Privacy and Confidentiality, ethics certification [TCPS-2])
- Data collection training through REDCap
- SCAT-5 training (as mentioned above)

Reimbursement

Therapists will be reimbursed for all sessions. Reimbursement will be at \$30 per hour. Therapists will be required to submit invoices to BC Rugby for payment within 7 days. BC Rugby will action payments within 21 days to therapists.

Confirming Involvement

To confirm your involvement in this study please contact Shazya Karmali, Sam Crawford and Monique Charbonneau on the below details.

Key Contacts

UBC - Dr. Shazya Karmali, Research Manager, BC Injury Research and Prevention Unit,
Shazya.karmali@bcchr.ca

BC Rugby – Sam Crawford, Director of Community Rugby, email: scrawford@bcrugby.com

BC Rugby – Monique Charbonneau, Head Therapist, email: moniquech@hotmail.com

