

# SHRED CONCUSSIONS

## Do you or your child, age 13-18 Cheerlead? Join our concussion study today!

### 3 reasons you should sign up:

- Follow-up available with a physician with concussion expertise
- Assessment available following a significant sport-related injury
- Contribute to a greater understanding of sport-related concussion in youth

### What would you need to do?

- If you get injured, notify the study therapist and get an assessment
- Weekly 5 minute online questionnaire on sport participation & injury
- Annual baseline testing including performance measures, online surveys and other assessments

Sign up at: **SHRedConcussions.ca**

### How to sign up:

1. Have your parents go to **SHRedConcussions.ca**
2. Have your parents create a **parent account**
  - Enter their email and create a password
  - Read and sign the parental consent
3. Your parent will receive an email from SHRedConcussions.ca asking to verify their email address
4. Your Parent must login to their account
  - login at SHRedConcussions.ca
5. Parents Click on the "**Add Child**" tab
  - Enter child's name, birthdate, **Calgary Cheerleading** and email
6. You (the participant) will then receive an email from SHRedConcussions.ca
  - **Click link in email**
  - read and sign the assent from
7. Enter a password to **create YOUR account**
  - Please complete all baseline questionnaires on your account
  - Remember to log in weekly to complete online activity surveys

### Questions?

E: [shredconcussions@ucalgary.ca](mailto:shredconcussions@ucalgary.ca)

P: 403-220-3113