

SKIERS & SNOWBOARDERS

DO YOU WANT TO IMPROVE YOUR COMPETITIVE EDGE AND REDUCE YOUR RISK OF CONCUSSION?

2025-2026 Pre-Season Supplementary Training Opportunity

- If you are an **elite skier or snowboarder** (15 years and older) looking to **improve your athletic performance**, we have designed a **two-month supplementary training program** that can be efficiently integrated into your usual pre-season training to help achieve this!
 - the training program is specifically designed to improve your brain function and neurological processes required for high-performance sport. We are optimistic that this supplementary program will also help reduce your risk of sustaining a concussion similar to **elite ice hockey players who reduced their risk by and astounding 97%!**
- This program is only available to athletes participating in our BCI's high-performance sport concussion program.
- The supplementary training program will be at **no cost to you!**
 - supported by BCI and generous philanthropic support
- If you would like to participate, please **contact us at 587-391-9840** to reserve your spot.

WHAT DOES THE TRAINING PROGRAM INVOLVE?

Step 1: Complete your comprehensive **baseline neurological assessment**.

Step 2: Complete your **performance mouthwear fitting** at BCI. You will also go over the training program with our coordinator, receive your training equipment, and **schedule your 2-month repeat assessment**.

Step 3: **Begin your 2-month supplementary training program** which will include **sport vision, cardiovascular fitness, neuromuscular training, dynamic neck strength, sleep optimization & brain health nutrition** recommendations.

Step 4: **Email your 2-minute training log** to our research coordinator at the **end of every week**.

Step 5: **Repeat your neurological assessment** and **return your training equipment** at the end of your 2-month training program.

Step 6: **Email your 1-minute health status form** to our research coordinator (research@bciconcussion.ca) **biweekly** throughout your 2025-2026 competitive season (October 1, 2025 - March 31, 2026).

Step 7: If you sustain an **acute sport-related concussion** or **musculoskeletal (MSK) injury** during the competitive season, call the BCI Performance Medicine Clinic (587-391-9840) to schedule an appointment with a sport medicine physician.