HEADS-UP CONCUSSION IN SPORTS

# *Testing Instructions for Athletes*

## Pre-Injury Assessment Baseline Testing: Getting Started

ImPACT testing typically takes between 45 to 60 minutes to complete. The test should be administered in a quiet environment with no distractions such as noise, or interruptions to ensure best performance.

Before taking the test, be sure you are:
- well rested
- well hydrated
- comfortable and alert

Step 1: Go to www.wellspan.org/sportsmedicine

Step 2: Click concussion management from the menu on the left side of the page

Step 3: Select Baseline Testing Getting Started on the menu on the left side of the page

Step 4: Look for your school or club on the list and click on the appropriate link; Proceed to step 5; If your school or club is NOT on the list proceed to step 7

Step 5: (My School or Club is on the list) When prompted, enter the following password

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Step 6: Enter your school/program unique "customer ID code" provided by your coach

Step 7: (Select "Other Organization") When prompted, enter the following code F9B5D5E8D1 and follow instructions to complete the test

Please note: You will not receive a final score at the end of the test. Your baseline information will be stored for future reference should a concussion occur. You can print a confirmation for your records. Once you exit the screen, the confirmation number is not retrievable.

## Injured: Now What? Post-Concussive Test:

If a concussion occurs, you need to take the post-concussive test 48-72 hours after the injury. If you have not taken the baseline test, ImPACT™ has norms that can be used to evaluate the recovery process of a concussed athlete.

### Arrange to take the post-concussive test.

- If your school or club participates with ImPACT™, your athletic trainer will administer the test. After completion of the test, the athletic trainer will review the results and determine if additional follow up is necessary.
- If your school or club does NOT participate with ImPACT™, please call WellSpan Pediatric Neurology at (717) 851-5503 (York) or (717) 339-2790 Gettysburg to schedule an appointment to take the test.

Upon completion of the test, a trained medical professional will review the results and determine if additional follow up is necessary. Should follow up be required, WellSpan Neurology will contact you to arrange a consultation.

For more information about concussion management or any other sports medicine related services, please call (877) 482-5420.

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Sports Medicine

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