

PLEASE READ BEFORE YOUR BASELINE TEST APPOINTMENT

In order to bring you the highest standard of concussion care, *Shift Concussion Management* provides a full-service concussion testing and rehabilitative program. A vital component of concussion management involves obtaining a pre-season or “baseline” test. Baseline testing is essential for athletes at risk of concussive injury as it provides an important point of reference when managing head injury and determining readiness to return-to-play. While baseline testing cannot prevent concussion, having objective data at a pre-injury level can help prevent premature return to play. We thank you for taking a proactive approach to concussion management and participating in our baseline program.

Our testers administer a **supervised C3 Logix assessment** (iPad based neurocognitive test). The program measures multiple aspects of cognitive functioning in athletes, including:

- ✓ Attention span
- ✓ Working memory
- ✓ Sustained and selective attention time
- ✓ Reaction time
- ✓ Balance and postural stability
- ✓ Visual and vestibular function

Each component of our baseline assessment is measured to get an individualized representation of neurocognitive, visual/vestibular functioning and balance in the athlete. After a concussion occurs, an athlete is the most likely to show deficits in these areas. (Please note that our baseline visual screen in no way replaces the routine eye care provided by your regular eye doctor).

Testing will be completed during two weekends in August (19th, 20th, 26th, 27th), at **RIM Park Fieldhouse** (2001 University Avenue E), between **9:30am and 7:00pm**. You will be sent a link for the online booking system. Time slots are available on a first come first serve basis.

We require a completed consent form prior to test administration. Please fill it out and bring it on testing day or forward it to us ahead of time. To ensure a smooth testing process, we ask that you **ARRIVE 15 MINUTES IN ADVANCE OF YOUR APPOINTMENT**. The booking system will allow you to block for a 5 minute appointment time. This is to ensure that the athletes are staggered throughout the day, and does not mean your appointment will be 5 minutes. There are several streams to choose from when you go onto the booking link. It is best to choose “No Preference”, as this will open up all of the available time slots. The different streams are set up for scheduling purposes only. Please expect to be at your appointment for approximately 45 minutes. Due to the large number of athletes to be tested, if you do not arrive on time, you will not be permitted to take the test.

TIPS FOR SUCCESSFUL TEST TAKING

- Be sure to listen to all instructions carefully during the test, and give it your **best effort**. This will lessen the chance of you having to retake the test due to a less-than-optimal result.
- The neurocognitive components of the test will have a practice trial before the testing begins to ensure you have understood what is being asked. Instructions for the balance and visual components will be read to you, and please ask questions if you do not understand. **Please review the components of the test (below) and their instructions prior to coming to your scheduled appointment to familiarize yourself with what will be asked.**
- Let us know if you are sleepy, fatigued, rushed, distracted, emotionally distressed. We will reschedule your test for a day that you are feeling better.
- Other athletes will be tested in a nearby area at the same time you are being tested. Please be courteous of those test takers around you and concentrate on your own test. **Any athletes who are causing a distraction to other test takers or are rough housing during the test will be asked to leave the testing area. They will have to complete the test on their own time at a later date, for an additional charge.**
- **If you normally wear contact lenses or glasses on a full time basis, or if you have glasses specifically for reading, be sure to bring them to the test. Please be advised that no hats will be permitted during the testing, as the staff have to have a clear view of the athletes eyes throughout.**
- Give each task your **BEST EFFORT** If you have any questions regarding the baseline process or concussion management in general, please do not hesitate to contact us! Thank you for participating in the first concussion management program for Waterloo Minor Hockey!

Sincerely,

Shift Concussion Management Team

Station Instructions: PLEASE READ PRIOR TO COMING FOR YOUR APPOINTMENT

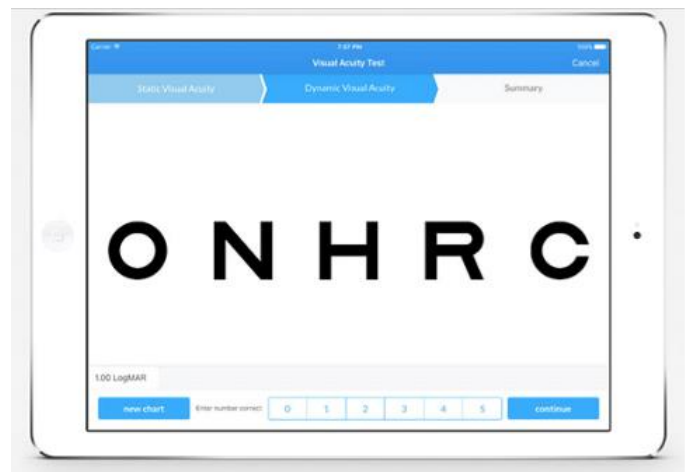
Station 1: Balance and Postural Stability

- This station will ask you to perform three stances with your eyes closed on both a firm and foam surface.
- You will be asked to perform the balance tasks with feet together, single leg stance, and heel to toe.
- An iPad will be strapped to your low back area which will record the amount of postural sway, and the practitioner will be counting the number of errors made.
- If you make an error or lose your balance, try and regain the proper stance as quickly as possible.



Station 2: Visual and Vestibular Screening

- This station will ask you to look at the iPad screen and report which letters are being displayed.
- As you answer correctly, new letters will be displayed in a smaller font and you will be asked to report on which letters you can see.
- Once you can no longer correctly report the letters, the same size font will be displayed again, but head movement will be incorporated.
- At the speed of a set metronome beat that will be produced by the iPad, you will move your head back and forth (as if you are saying “no”) and read the lines until you are no longer able to see the letters correctly at the set speed.



Station 3a: Reaction Time (Athlete to follow instructions laid out with supervision from examiner for all 3 neurocognitive stations)

- During the first component of the module, you will be asked to perform a reaction time task with one target. You will place your index finger of your dominant hand on the “touch and hold” button, and when the green circle appears on the screen you are asked to tap it as quickly as possible.



- The second component of the test involves two targets. You will place your index fingers on the right and left “touch and hold” buttons, and when the green circle appears, you will use whichever finger is on the side of the green button to tap the target. Again, this is to be done as quickly as possible.

Station 3b: Memory and Processing Speed (Athlete to follow instructions laid out with supervision from examiner for all 3 neurocognitive stations)

Step 1: Symbol Matching

- During this module, there are nine symbols that are matched to the numbers 1-9. This test assesses how quickly you can match numbers to symbols.
- The answer key will remain at the top of the screen throughout the test. In the middle of the screen, there will be a row of symbols with blank spaces underneath them. You will be asked to match the symbols (in scattered order) to the numbers as quickly as possible.



Step 2: Trail Making Test

- During this module you will be asked to connect the circles to count in order from 1-21. The numbers will be scattered around the iPad screen and you will be asked to link them as quickly as possible.
- The second component will add in letters of the alphabet. You will be asked to connect until all the letters and numbers are matched in the correct order. This test asks you to complete the task as quickly as possible.

