

THE IMPORTANCE OF BASELINE TESTING

- BETWEEN **1.6** AND **3.8** MILLION SPORTS-RELATED CONCUSSIONS OCCUR IN THE U.S. EACH YEAR
- **50%** OF ALL CONCUSSIONS GO UNDIAGNOSED
- **1** IN **5** ATHLETES WHO PLAY A CONTACT SPORT WILL SUFFER A CONCUSSION EACH YEAR
- ONLY **21%** OF YOUTH CONCUSSIONS HAPPEN ON THE FIELD

What can you do to protect your athletes?

[ImPACT baseline testing](#) is an FDA cleared computerized test that assesses visual and verbal memory, reaction time, and processing speed before a head injury.

Baseline testing should be completed annually for all athletes.

- Journal of Athletic Training

Results from baseline testing can be compared to results from a similar test administered after a suspected concussion, known as a [post-injury test](#). Differences in scores give healthcare providers insight into the specific deficits an individual is experiencing after a concussion.

Baseline testing makes the doctors' job easier because it gives them a starting point and a standardized way of assessing the concussion.

*- Dr. Vinay Chopra, Sports Medicine Physician at
Genesis Regenerative Sports and Aesthetic Medicine*



ImPACT Applications Inc. Baseline Testing Link Instructions

Please read ALL of the following instructions before beginning the Impact Baseline Test

* Note this test must be done on a computer/laptop. Cannot be done on a phone or tablet. The college library has plenty of computers that are available for use if needed to get this done.

1. Click on or copy and paste the following link into your browser
www.impacttestonline.com/testing
2. You will be asked to enter your customer code. The code is **W5ESXKN5HC**
3. Once code is entered click the validate button.
4. It should now show Rowan College South Jersey Gloucester
5. Click Launch Test (it is best at this point to have your cell phone on silent and close all other tabs on your computer) and be in a separate quiet location with no distractions.
6. You can choose to use a mouse or a trackpad.
7. Enter in your demographic information and then you will be able to begin the test.
8. **Once your test is complete it will show you your completion confirmation. It will give you the option to save as a pdf. Save it as a pdf to your computer (you will use this pdf to upload into your sportsware account as proof that you took your test). You may also email it to yourself if you choose.**
9. Please understand that this is not a pass/fail test and does not indicate that you do or do not have a concussion. This baseline will be used should you have a possible concussion during your sport, and we will be able to use this with a post-injury test to see where you may have some deficits and things we may need to work on. Please do your absolute best as this will help us get you back to practice/competition much quicker!

Email the athletic trainer at espauldi@rcsj.edu if you have any questions or issues