

The SPFSA is supporting the efforts of Park Middle School students Dallas Lorenzetti, Hayden Widder, Matt Drubulis and Benji Tucker to raise awareness of the importance for Concussion Baseline Testing.

While youth soccer rules have been adopted to help lessen the possibility of concussions in young athletes, concussions are a real possibility in most all youth sports. Baseline testing is a very useful and simple activity that, in the unfortunate event of a concussion, will be of tremendous value in assessing your child's recovery.

I applaud the efforts of Dallas, Hayden, Matt and Benji and ask you all to take a few moments to follow the directions below to complete a Concussion Baseline test for your child. You may also see them at some of your child's matches over the next few weeks handing out fliers.

Regards,

Chris De Maria
President - SPFSA

The Center for Concussion Care and Physical Rehabilitation

Instructions for Baseline Testing:

Access code: **9576859099**

Please select **SPF Soccer Association** in the School / Organization drop-down menu

The Concussion Baseline Test will take approximately 20-30 minutes to complete. Turn off music, TV, or other background noises while taking the test. To ensure that home-based results are accurate, a parent/guardian must supervise any student-athlete under the age of 18 during the testing procedure. **If using laptop computer, must use external mouse .**

- x Close all other computer programs before starting the test. If you have a **pop-up blocker installed**, you will need to turn it off temporarily.
- x Go to the Atlantic Health System Concussion Testing website, <http://www.atlantichealth.org/neuroscience/our+ser...>
- x Scroll to the bottom of the page and click on the link to the Take the ImPACT Baseline test now.
- x In the new window, click on Launch Baseline Test and then enter the access code provided above.
- x Choose **Atlantic Concussion Center** for the school/organization from the drop down menu on the Sports and Health History page and enter your birth date.
- x You will be directed to a series of questions that you will need to answer before taking the test. Please answer all questions as honestly as possible.

- x Follow the test questions carefully. Missing key instructions or not giving the test your full attention will affect your results.
- x Put in your best effort. This is a hard test. No one gets everything right, so don't get frustrated.
- x If you become confused about the directions, keep trying to do your best.

- x Notify the Concussion Center at (908) 598-6615 if you have any problems or are unable to complete the test.

Troubleshooting Tips:

- x Flash reader program needs to be on your computer. If not, downloads are available at www.adobe.com
- x Make sure your firewall allows downloads and that the internet session time limit is set to at least 45 minutes.

- x Your desktop or laptop must have an internet connection and an external mouse. Do not run a laptop from the battery. If you are having technical problems please call ImPACT technical support at 877-646-7991