



LUCAN MINOR HOCKEY CONCUSSION TESTING 2017-2018

Welcome to a new season of hockey.

Lucan Minor Hockey is once again performing baseline testing for players from Novice to Midget. For those of you who participated in the baseline testing last year, the format of this years testing is much different.

The 2017-2018 format will involve using the ImPACT® Neurocognitive Screening tool. This is a computerized test that takes approximately 20-30 minutes to complete and evaluates memory, visual reaction time and general cognition (thinking). This is a snapshot of your athlete's pre-injury baseline level of function in these areas. The results are individualized and are not compared against the results of other athletes – therefore, this test should not be considered in the typical pass-fail model.

This baseline testing will be completed with 2 separate methods based on the age of your athlete.

- 1. Athletes under 10 years of age will complete a Pediatric ImPACT® test that is performed on an iPad that will be completed at the Lucan Memorial Community Arena in a group setting.**
- 2. Athletes who are 11 years and older will complete an online ImPACT® test that can be performed at home.**

The goal is to have all athletes from Novice to Midget baselined by October 15. You will not have access to ImPACT® after October 15th.

HOW IS THIS INFORMATION STORED?

The data collected is stored online in the ImPACT website within my Irwin Physiotherapy account. The password will be changed on October 15.

HOW IS THIS INFORMATION USED?

This information is the pre-injury snapshot of your athlete's brain function. In the event of a concussion or suspected concussion, re-administering the ImPACT[®] is used to assist in guiding the return to play decision making process. Ideally, we want the post-injury ImPACT[®] to be similar to the pre-injury / baseline ImPACT[®].

HOW DO I GET ACCESS TO THIS INFORMATION?

ImPACT[®] is the most common neurocognitive screening tool that is used in the treatment and management of concussions. In the event of a concussion or suspected concussion, a copy of the baseline ImPACT[®] profile will be made available for your treating facility.

Please contact me at irwinconcussiontesting@gmail.com or text me at 519-280-0986 if you would like a copy of the baseline results faxed to your treating facility or family doctor.

ImPACT[®] SCREENING PROCEDURE

ATHLETES 10 years and under

The Pediatric version of the ImPACT[®] will be administered for athletes age 10 and under, however, this testing requires an iPad and will be performed at the arena on a date TBA. A future email will be sent out in the near future outlining dates and times for this screening.

This testing will be performed in smaller groups of 10 and will take approximately 15-20 minutes to administer.

ATHLETES 11+ years

The process to perform your baseline test is relatively straight forward. This is not a pass / fail type of test – the results are not compared with your peers - just do the best you can during the tasks.

You will need to use a computer with an external mouse – a touch pad can not be used during this test.

The test takes approximately 20 minutes to complete. This test is a screen of brain function, therefore, please perform in a quiet environment with minimal distractions / noise if possible.

The test needs to be performed during a single session – it can not be saved part way through the test and returned to at a later date.

Enter the following website and follow the list of tabs to choose. Website: www.impacttest.com

Click "*Canadian Customers*"

Enter:

Login Username: irwinconcussiontesting@gmail.com

Password: Concussion17*

Choose: "*Start New Test*", "*First Time Test Takers*",

Select Organization: click on "*Irwin Physiotherapy*"

Select: "**BASELINE**"

Follow the remaining prompts to complete the online test.

NOTE:

One prompt asks for "Current Level of Participation" – select Junior High or High School – this selection will not affect the overall test results

ONCE COMPLETED:

The test is automatically saved to the online file and does not need to be printed off. Once the test is complete simply logoff the website and you are finished.

Please email irwinconcussiontesting@gmail.com to provide your athlete's name to allow for proper tracking of completion of the baseline testing.