



SCASD SPORTS MEDICINE

Winter 2024-25 Baseline Concussion Testing Information

As a precautionary measure, baseline concussion testing is required to participate in SCASD athletics. **Student-athletes will not be able to participate in the first day of practices/tryouts unless this is completed.** Each athlete completes the baseline test every two years.

Who needs a test?

If you did not take a test last year, you will need a test this year. This makes it so that 7th, 9th, and 11th graders are the majority of the athletes who end up needing a test. If an athlete sustained a concussion in the previous academic year/season, they will need a new baseline test regardless of when they last took it. **If you took a baseline test for a fall sport this year, you do not need to take a test again for your winter sport (unless you sustained a concussion in the fall)!** If you are unsure if you need a test, please refer to the flowchart below. If you are still unsure, please reach out to your Athletic Trainer!

Winter sports that require a test:

- **Basketball:** Middle School/9th/JV/V Girls and Boys
- **Cheer**
- **Divers**
- **Pole Vaulters**
- **Wrestling:** Middle School/JV/V Girls and Boys
- **Ice Hockey and Rugby** athletes are welcome to attend baseline concussion testing but it is not required through SCASD Athletic Training


Where and when will testing be held?


Testing will be held in **Room F112 of the High School (South Building)**. Please enter through **door #8**, which is located on the side of the building that is **closest to Weis, facing O'Bryan Lane**. **All sessions are from 4-5:30pm, see dates below.** Please allow ~30 minutes for testing. Testing is drop-in, no appointment is required. If able, please have students bring their ChromeBook to testing, as we have a limited number of computers available at a time.

| <u>Week 1</u> | <u>Week 2</u> | <u>Week 3</u> |
|-------------------|--------------------|---------------------|
| Monday, 10/28/24 | Monday, 11/4/24 | Monday, 11/11/24 |
| Tuesday, 10/29/24 | Wednesday, 11/6/24 | Wednesday, 11/13/24 |

| October 2024 | | | | | | |
|--------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

| November 2024 | | | | | | |
|---------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

 Sessions are from 4-5:30

 First day of winter sports

