



DEERFIELD HIGH SCHOOL SPORTS MEDICINE



1959 N. Waukegan Road Deerfield, Illinois 60015 Fax: 224-632-3701

Gabriella (Brie) Cimino, MS, ATC, PES / Athletic Trainer / Phone: 224-632-3115

Karl Lindblad, ATC / Athletic Trainer / Phone: 224-632-3117

Pat Augustyn, ATC / Athletic Trainer / Phone: 224-632-3113

Baseline Concussion Testing Policy

Baseline Concussion Testing involves completing a concussion assessment when athletes do not have a concussion in order to record their normal cognitive levels.

If an athlete sustains a concussion, the baseline assessment is used to determine when their cognitive function is back to their individual norms before returning to play. This helps with return to play considerations by assessing important functions such as reaction time.

Deerfield High School uses **IMPACT Applications** for our baseline and post-injury concussion testing.

For Deerfield High School athletes, baseline concussion testing must be completed **every 2 years**.

If test results are determined to be invalid, the athlete must retake the exam for valid scoring. Determining who needs to retake baseline tests is at the discretion of the athletic training staff and will follow IMPACT's flagging system. If results are invalid a second time, this will be considered the athlete's baseline and they do not need to take the test a third time.

Baseline testing must be completed before athletes are allowed to participate in competitions.

Return to Participation (RTP)

Once a qualified healthcare provider has released an athlete to resume physical activity and the student athlete has completed the Return to Learn protocol, the Return to Play (RTP) protocol is then performed to safely return them to athletics. This RTP protocol should be completed under the direction of a qualified healthcare provider.

The third stage of the District's RTP protocol is taking the IMPACT test to determine if their current cognition is back to their normal levels.

If the results are outside of the range of normal fluctuation, the athlete will wait two days and repeat testing. If the results are outside of the normal range again, athletic trainers will consult with the physician caring for the athlete's concussion to determine next steps.

Once the athlete's results are back to their baseline level, they will progress to the next stage of the RTP protocol.

Please see the Return to Play protocol for specific details.