# Bethel Park Soccer Assoc. to offer Neurocognitive Baseline Concussion Testing

Bethel Park Soccer Association is pleased to announce that we have arranged Neurocognitive (Concussion) Baseline Testing with UPMC Sports Concussion Program at Bethel Park Community Center for March 13, March 20 and April 10. We hope that you will take this opportunity to have your child baseline tested.

## What is Neurocognitive Baseline Concussion Testing?

- The ImPACT® neurocognitive baseline test is a computer-based test that establishes a benchmark score when an athlete is in his or her non-concussed or "normal" state.
- The program known as ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing), checks neurocognitive function through working memory, visual memory, verbal memory, attention, reaction time, mental speed and processing speed.
- The ImPACT® neurocognitive baseline test <u>DOES NOT</u> evaluate the athlete for a concussion, identify past concussion(s), prevent future concussions or determine if the athlete is predisposed to a concussion.
- The results of the ImPACT® neurocognitive baseline test become part of a comprehensive clinical evaluation to determine the severity and the required medical treatment for the student athlete, should a concussion occur.



## Who is eligible to participate? What is the cost?

- To participate, you must be at least 10-years-old on the day of the testing.
- Any Bethel Park Soccer Association athlete.
- The participant must not have had a concussion in the last 30 days.
- The cost to participate is \$15.00 Thanks to the Pittsburgh Penguins Foundation.

#### What can I expect on the day of testing?

- Arrive approximate 10-15 minutes before your appointment time
- Check in will be in Room C of the community center. (Black and Gold "HEADS UP PITTSBURGH" signs will direct you)
- The entire program takes approximately one hour. This includes a 15-minute education about concussions and 25-30 minutes to test the athlete on the computer.
- A parent should accompany each person tested. Athletes 10 years of age on the date of testing <u>WILL</u> <u>REQUIRE</u> a parent to be present and will accompany the athlete into the computer lab.
- You will receive a copy the valid test results from UPMC within 1-2 weeks.
- Athletic trainers from UPMC Sports Medicine will supervise the program and testing.

# What should I do if suspect my child has a concussion?

- Take them to the emergency room.
- Follow up with your PCP
- Contact the UPMC Concussion Program for a "POST INJURY EVALUATION" 412-432-3681.
  - Note that not all medical insurance policies cover post-concussion evaluations and can be expensive. To determine your medical coverage, contact your medical insurance provider.

# How / where do I register for this test?

- To register for the neurocognitive baseline test (CLICK HERE).
- The registration site WILL CLOSE on Wednesday, April 8, 2015

For additional questions, contact Patrick Huber -- UPMC Concussion Outreach Coordinator at 1-855-937-7678.