

C3Logix Concussion Baseline Testing Information School District of Santa Rosa County – Summer 2018

Santa Rosa County School District Athletic Directors, Administrators, & Coaches,

We are gearing up for another summer of concussion baseline testing and while it is impossible to choose schedules and parameters that will work perfectly for everyone we have put much thought and consideration into the schedule and guidelines detailed below. Many of the issues and frustrations that can occur during testing ultimately stem from too many student-athletes arriving at one time but with careful planning and a clear, uniform message to all schools most of those situations are prevented.

Please help distribute the concussion baseline testing information out to your coaches, booster clubs, parents, and student-athletes to increase participation. Review the following details carefully and if you have questions or concerns regarding any portion of the testing process do not hesitate to ask.

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Testing Requirements for Student-Athletes: The School District of Santa Rosa County recommends a valid and complete concussion baseline test be established for each student-athlete prior to “in-season” FHSAA sport participation. Student-athletes who are unable to attend their own school’s testing day will be allowed to go to another location, as per the instructions outlined below. Any testing not completed by the end of the summer will have to be scheduled with the school’s certified athletic trainer (ATC), which will not be prioritized over the ATC’s regular clinical duties, at a maximum rate of 1-2 tests per day. We are aware there are also some local physicians outside of Andrews Institute utilizing C3Logix within their practices. If you have a student-athlete that receives a baseline test through one of those physicians, that office will need to provide the student-athlete with their own note/documentation that the baseline test is complete (Andrews Institute physicians and staff will not have access to those files without separate, written, parental consent given to the physician’s office).

A C3Logix baseline test is considered valid for two years. Student-athletes who have never been tested, as well as those last tested prior to June 2016, need to be tested this year. Baseline tests are recommended for all sports’ student-athletes (including golf, cross country, swimming, cheerleading, etc.).

Conditions for Attending Another Site: If a student-athlete has to miss his or her school’s baseline testing date for a legitimate reason then they are allowed to attend one of the other school’s testing sessions, however they must 1) arrive only during the pre-established “visiting” student-athlete arrival time as discussed below, 2) make sure to clearly identify themselves as a student of a different school so their data is input into the system under the correct school, and 3) have a signed consent form. We ask that you help stress to your athletes that they come to their own school if at all possible though.

Consent Forms: Each student-athlete will need to have a signed consent form with them to participate in baseline testing. If you want to collect the consent forms ahead of time and have them alphabetized that is fine, however they must be delivered to your athletic trainer prior to the testing day. Please be sure to use this year’s updated consent form. A signed pre-participation physical evaluation form will not be accepted in lieu of the specific consent form – no exceptions will be made for this policy.

Testing Layout: Please get with your ATC to review the testing layout/traffic flow used previously. For certain reasons we may request changes from prior layouts but we want to work with you to find what will be best. Please also ensure that coaches and/or administrators will be present to supervise and help with noise control during testing, particularly in main holding areas and any potentially congested testing areas. This is best done by having one or more coaches come at their sports assigned time slots.

Testing Needs: We need a starting place/holding point where everyone will report for intake (usually a gym, cafeteria, or media center). Convenient from there we need areas for three additional stations: Balance, can be one area with multiple stations in it but preferably a room without desks in it; Vision, needs two or three smaller rooms or enough space for separate stations within a room; Cognitive, simply requires a classroom or computer lab type area, where 20 students are able to sit comfortably at a table or desk and are able to place an iPad down on the surface.

Scheduling Details: We have borrowed extra iPads to use during the summer to aid in testing the community. Baseline testing takes at least 30 minutes per student even with no wait; therefore please recommend student-athletes and their parents to plan on at least an hour for testing. If a student was tested last year they do not have to be tested again this year. As long as you adhere to the parameters detailed here you are free to divide up and assign the appointment times as you wish. Please work with your ATC to confirm schedule prior to distribution to coaches and student-athletes. Please have this finalized and set with your athletic trainer by April 25, 2018.

The arrival rate is critical to help avoid long waits, particularly for those who will be arriving on campus just for testing. This also helps ensure our staff will get appropriate breaks and time for lunch each day. Your school's schedule for student-athlete arrival must maintain the following:

Pace, Navarre & Gulf Breeze -	maximum of <u>45 student-athletes per half-hour</u>
Jay & Milton -	maximum of <u>35 student-athletes per half-hour</u>
Central -	maximum of <u>20 student-athletes per half-hour</u>

The times for testing should be offered as follows: 8:30, 9:00, 9:30, 10:00, 10:30 AM
 (Central, Jay & Milton – AM only!) 1:00, 1:30, 2:00, 2:30 PM

“Visiting” student-athletes will be allowed at all sites, but only during the visitors’ time slot. Each site must have 11:00 AM open for visitors to come to their school. No other host school student-athletes are to be scheduled or come at 11:00 AM. If a “visitor” does attend outside of that window it will be up to the discretion of the ATC Site Coordinator as to when and if the visitors test is performed, but will not be prioritized over “home” school’s athletes.

These should be treated as “appointment” times, meaning student-athletes need to be there no later than that time. Anyone onsite by the end of a testing window will be tested even if there is a line. Our staff will close the visitor intake line at 11:15 in order to take lunch at noon; afternoon testing intakes (if applicable) will begin at 1:00 PM. No intakes for afternoon testing will begin after 2:45 PM. Anyone arriving outside of those times will not be allowed in line for intake and will have to attend another testing site at the 11:00 visitor time slot.

2018 Concussion Baseline Testing Schedule – See Schedule for Site Details & Times:

June 4 – Ft Walton Beach	June 14 – Pace	July 9 – Gulf Breeze
June 5 – West Florida Tech	June 18 – Central	July 10 – Escambia
June 6 – Pensacola	– Jay	– Crestview
– Destin MS	June 20 – Northview	July 12 – Milton
June 7 – Washington	– Baker	– Tate
June 13 – Niceville	June 21 – Navarre	July 17 – Choctaw
	– Pine Forest	

Thank you for your support with this endeavor and please do not hesitate to contact me with any questions or concerns regarding the baseline testing. I look forward to working with you on this and seeing you all this summer.

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Santa Rosa County School District Consent for C3Logix Concussion Baseline Testing

Student-Athlete's Name: _____ **School:** _____
First MI Last

Date of Birth: ____ / ____ / ____ **2018-2019 School Year Grade:** 6th 7th 8th 9th 10th 11th 12th
MM DD YYYY

Gender: Male Female **Which is your dominant or writing hand?** Left Right

Sport Participation: Basketball Baseball Cheerleading Cross Country Flag Football
(Circle all that apply) Football Golf Lacrosse Soccer Softball Swimming/Diving
 Tennis Track/Field Volleyball Weightlifting Wrestling

Do you receive any extra accommodation to help you learn in school? IEP 504 Plan Other None

Have you been diagnosed with any of the following: ADD ADHD Learning Disability None

Have you been diagnosed with any of the following: Depression Anxiety Other Mental Health Condition None

Has a doctor ever diagnosed you with chronic headaches? No Yes

Have you ever had a prior concussion? No Yes

If yes, how many? _____ **When did the most recent concussion occur?** ____ / ____ / ____

Are you on any regular medication? No Yes **If yes, did you take the medication today?** No Yes

If yes, what medication? _____

Print Parent/Guardian Name: _____ **Relationship to Student**
First MI Last

Primary Contact Phone: (_____) _____ - _____ **Type:** Cell Home Work

PLEASE READ CAREFULLY AND SIGN BELOW

Concussions are injuries to the brain. They affect the ability of the brain to react to and process information. Neurocognitive testing is a tool used to help accurately analyze and measure neurological and cognitive deficits that exist following concussions and head injuries. C3Logix tests balance, vision, and reaction times. Neurocognitive deficits can still be present even after an individual feels he or she is no longer experiencing symptoms of concussion. By having a baseline assessment, if a student-athlete sustains a head injury, follow-up testing can be performed at appropriate intervals and the two sets of scores then compared. The pre- and post- injury score comparison, along with a physician's clinical evaluation, helps more accurately determine when it is safest for a student-athlete to be cleared to start the return-to-participation progression following injury. The concussion baseline assessment is not used to diagnose or identify whether or not the student-athlete has a concussion injury at the time of testing; furthermore, baseline testing should not be performed while a student-athlete is receiving medical treatment for an existing concussion injury. **Wear or bring glasses or contacts worn normally to testing.**

I give my permission for the student-athlete named and identified above to participate in the C3Logix neurocognitive concussion baseline testing administered by approved school district employees, vendors, and/or volunteers. I understand the nature and purpose of the testing, and give permission for my child to provide the information and perform the steps necessary to complete the testing. I understand that my child may need to be tested more than once depending on the validity of the testing results. I also understand that I am giving consent for any necessary post-injury C3Logix neurocognitive testing, should the student-athlete sustain an injury that warrants additional testing during the course of their sports participation. This form will be valid for two years from the baseline test date.

Parent/Guardian Signature: _____ **Date:** ____ / ____ / ____

Student-Athlete Signature: _____ **Date:** ____ / ____ / ____
Intended to remain valid after reaching the age of 18