



PLEASE READ BEFORE YOUR TAKING YOUR BASELINE TEST

In order to bring you the highest standard of concussion care, Shift provides a full-service concussion testing and rehabilitative program. A vital component to concussion management involves obtaining a pre-season or "baseline" test. Baseline testing provides an important point of reference when managing head injury and determining readiness to return-to-play. We thank you for taking a proactive approach to concussion management and participating in our baseline program. Before completing the test, please make sure you have a parent/coach/trainer supervising. ImPACT® is the most widely used and scientifically validated concussion assessment tool. The program measures multiple aspects of cognitive functioning in athletes, including:

- ✓ Attention span
- ✓ Working memory
- ✓ Sustained and selective attention time
- ✓ Response variability
- ✓ Non-verbal problem solving
- ✓ Reaction time

Should you sustain a concussion, please contact us 1-855-223-1002 as early as possible to book a follow-up assessment. Our healthcare teams are highly trained concussion assessment and rehab and work collaboratively with the GP, Pediatrician or Sport Physician involved in your medical care.

INSTRUCTIONS ON HOW TO TAKE THE TEST:

1. Click the link below:
<http://www.shiftconcussion.ca/baseline-preparation-video/?token=HOCKEY2014SCM>
2. Login using Username and Password below:
Username: BaselineTesting
Password: concussion
3. Watch the short baseline testing video
4. After watching the video, make sure **Pop-up Blockers are OFF** and click the **"Start Test"** button.
5. Select "Launch Baseline Test"
6. Use your organizations individual code: **83HWT5242UH**
7. Follow the steps until you get to "Sport and Health History"
8. Select your organization **"Sarnia Hockey Association"** and put in your birthday
9. Continue the rest of the test following all instructions

For technical difficulties, please call our customer support line at 1-855-223-1002 ex 1. Hours of operation for tech support are 8:30am – 4:30pm, Monday to Friday. After that time, please hang-up and email techsupport@theshift.ca. We strive to answer all inquiries within a 24hr period.