



Baseline Testing Plan (Year 6)

Montgomery County Public Schools (MCPS) Guidelines for Baseline Testing

The following are guidelines regarding the implementation of ImPACT baseline concussion testing at MCPS high schools for 2018–2019.

A. Vendors

1. Four health care vendors supply certified athletic trainers (ATCs) to MCPS high schools. These vendors also administer baseline testing at their respective schools.
2. Schools should coordinate with their health care vendor and/or the ATC assigned to their school regarding the implementation of baseline tests.
3. Vendor school assignments and contact information are on page four. Vendors for 2018–2019 include Adventist Rehab, MedStar, Pivot, and Metro Orthopedic Specialists (MOS).

B. Fundamental Process

1. Each student-athlete takes a baseline concussion test. Tests are valid for two years. Student-athletes tested in the 2017–2018 school year will not need to take baseline tests in 2018–2019.
2. The baseline test establishes a standard or “baseline” cognitive profile of the student-athlete in a non-concussed state.
3. If a student-athlete suffers a concussion, upon request of the parent/guardian, a follow-up test will be administered to potentially compare to the original test taken in a non-concussed state.
4. Follow-up tests are free and shall be administered by the school or the vendor.
5. Student-athletes suffering concussions are not required to be retested in order to resume participation; rather, it is a tool that can provide parents/guardians and health care providers with options.

C. Fundamental Points

1. All student-athletes are tested, but not every year (every two years).
2. ATCs take the lead in administering tests - coaches shall assist.
3. The athletic department assists in scheduling teams/student-athletes for testing.
4. A baseline test is valid for two years. A student-athlete who is administered a test in Grade 9, for instance, does not have to be retested until Grade 11.
5. Baseline test results are not required for a student-athlete to return to play.

D. Consent, and Information

1. Baseline testing information is provided to parents/guardians and student-athletes during the online registration process for athletics.
2. Student-athletes and parents/guardians complete the *Consent Form - ImPACT Baseline Concussion Testing* during the online registration for athletics. This must be done prior to testing.
3. Information regarding baseline testing is made available on the MCPS athletics web page.
4. MCPS provides schools with the ImPACT software.

E. Timeline

1. Schools may begin testing at any time prior to the season.
2. Ideally tests should be administered prior to the first practice. However, tests for individual student-athletes must be completed prior to participation in their competition against another school, whether it is a scrimmage or game.
3. Tests are administered prior to the fall, winter, and spring seasons.

F. Test Administration

1. Schools should determine appropriate procedures for verifying student-athletes' identification.
2. Testing completion and confirmation is tracked using the myMCPS online registration portal for athletics.
3. Athletic directors shall collaborate with appropriate school personnel regarding the use of computer labs. This information is communicated to the vendor.
4. Schools shall determine seating arrangements and testing lab layouts with the vendor. As a general guideline, there should be an empty seat between student-athletes taking the test.
5. Site visits are encouraged prior to testing to ensure proper testing procedures.
6. The school shall arrange for a minimum of one adult to assist the vendor during each testing session.
7. Schools should test software prior to test administration.

G. ITSS Coordination

1. Athletic directors shall coordinate testing sessions with local school ITSS personnel.
2. Schools undergoing Tech Mod over the summer should coordinate testing with the Tech Mod schedule. Designate computer labs as priority areas that will need to be utilized during testing.
3. ITSSs should explore the potential for a special uniform login for student-athletes to use during testing.
4. ITSSs should confirm that computers are equipped with Adobe Flash software (version 9 or later) and that pop-up blockers are disabled.

H. Follow-up Tests (Retesting after a student-athlete suffers a concussion)

1. If a student-athlete suffers a concussion, the student-athlete does not have to undergo a retest in order to resume participation. However, if a parent/guardian of a student-athlete requests a retest, the school or the vendor will administer the retest at no charge.
2. Upon request, the school or vendor will make the results available to the student-athlete, parent/guardian, or the student-athlete's health care provider.

I. Follow-up treatment for a concussion

1. Student-athletes must have approval from a qualified health care professional in order to return to action. "Return to Play" protocol is included in the MCPS Concussion Plan, available on the MCPS web page.
2. If a student-athlete chooses to utilize the medical services provided by the vendor assigned to his or her school, the student-athlete's family must work with the vendor and insurance company.
3. Schools should provide vendor contact information to parents/guardians. Parents/guardians do not have to work with the vendor to have their child cleared to return to play, but it is an option for the parent/guardian.

J. Invalid Tests/Student-Athletes with Cognitive Disabilities

1. There are certain student-athletes for whom it is impossible to attain valid test results. If, after multiple attempts, valid results cannot be obtained for a particular student-athlete, the school will notify the student-athlete's parents/guardians that a valid test result could not be obtained.
2. Some student-athletes have disabilities that may not allow them to take a baseline test. In such cases, the school should confirm in writing with the student-athlete's case manager and school nurse that the student-athlete could not be tested.

K. Questions and Answers

1. *Question:* My daughter had a baseline test last year. Does she need one this year?
Answer: No. Tests are valid for two years.
2. *Question:* I understand that MCPS is requiring that student-athletes undergo baseline concussion testing. May a student-athlete have a baseline concussion test administered by someone other than the school or vendor?
Answer: Yes, but the student-athlete will still have to take the baseline test administered by the school or vendor.
3. *Question:* Does a student-athlete have to take a second baseline test if he or she suffers a concussion?
Answer: No. Taking a retest is optional. Some medical professionals utilize baseline testing as a tool to assist in making decisions about when a student-athlete is able to return to play, others do not.
4. *Question:* A student-athlete has suffered a concussion. The parents/guardians understand that their child does not have to take a re-test, but they would prefer that he does. Who administers the re-test?
Answer: The vendor will administer a re-test(s), at no charge.
5. *Question:* Where does a parent/guardian find a medical professional qualified in comparing and interpreting baseline tests?
Answer: One source is the vendor assigned to administer baseline testing at that particular school. All four of the vendors assigned to administer baseline testing in MCPS have the capacity to either compare tests or recommend someone who does.
6. *Question:* Would a parent/guardian have to pay the vendor to analyze a re-test or otherwise provide treatment for a concussion?
Answer: Yes. The vendor will supply re-tests at no charge, but treatment or analyses are a separate matter. The parent/guardian would work with the vendor and his or her insurance company.
7. *Question:* Who actually administers the baseline test – the school or the vendor?
Answer: Potentially, both. The vendor has the primary responsibility to administer baseline testing. School personnel assist in the administration of the tests. However, certain school personnel may attain certification to administer tests without direct supervision of the vendor. If the vendor acknowledges the certification, the school may implement tests to student-athlete who join the team after the start of the season, or for retests following a concussion.

L. MCPS Baseline Testing Vendor Assignments and Contact Information

1. Adventist Rehabilitation

Contact: Darin Moore 240-864-6124 (C)
dmoore@adventisthealthcare.com

Schools: Winston Churchill, Clarksburg, Albert Einstein, John F. Kennedy, Richard Montgomery, Northwest, Paint Branch, Poolesville, Rockville, Springbrook, Watkins Mill, Wheaton, Thomas S. Wootton

2. MedStar

Contact: Kathryn Brodka 301-580-2701 (C)
Kathryn.h.brodka@medstar.net

Schools: Bethesda-Chevy Chase, Montgomery Blair, James Hubert Blake, Walter Johnson, Col. Zadok Magruder, Northwood, Sherwood, Walt Whitman

3. Pivot

Contact: Scott Ellis 973-459-1456 (C)
Schools: Damascus, Gaithersburg, Seneca Valley

4. Metro Orthopedic Specialists (M.O.S.)

Contact: Allyssa Richardson 757-880-7195 (C)
arichardson@cfaortho.com

School: Quince Orchard

Parents/Guardians should contact the local school athletic director or athletic trainer with questions regarding baseline testing. Contact information is available in the *Contacts* section of the MCPS Athletics web page: <http://www.montgomeryschoolsmd.org/departments/athletics/>.