

Puyallup School District

Winter Baseline Concussion Testing

- Location: Apple Physical Therapy – South Hill Clinic
3912 10th St SE, #101 Puyallup, WA 98374
- Dates/Times: Saturdays – October 12, 19, 26 and November 2nd and 9th
9am-1pm each day
- Scheduling: By Scheduling Hotline 253-604-0679
Each athlete will schedule in 30 minute increments.
Please arrive 10 minutes before your scheduled 30 minute block.
- Who: PSD Athletes Grades 7-12 Participating in Basketball, Soccer and Wrestling Only
- Cost: Covered by the Puyallup School District

Common Questions: **Why is a Baseline Test Important?**
-A baseline concussion test provides your sports medicine team important information to help make the determination when it is appropriate to safely begin a return to play protocol.

When do I need to be tested by for Winter Sports?

*Junior High sports begin on November 4th
High School sports begin on November 18th*

What if I can't make it to be tested on one of the above Saturdays?

If you cannot make it to one of the scheduled Saturday testing days you can schedule to be tested with an athletic trainer at Apple Physical Therapy by appointment only.

Puyallup South Hill at 253-848-4700 or Puyallup Sunrise at 253-840-5511.

A \$10 fee is associated with tests NOT performed on the dates above.

If I had a Baseline Test performed prior to the fall sports season, do I need to do it again?

-No, if you've already performed the Baseline Test and have records of its results you do not have to complete it again. The Puyallup School District requires that it be completed every two years for participation.

Does a parent need to be present with each child?

-No, the parent does not need to be present with the child on the day of the test.

Can my doctor perform this test for me as part of the required physical?

*-Yes and No, your physician may be able to perform the Baseline Concussion Test for you during your physical examination if they are trained in how to perform it and they have time allotted for it. Note that this **is not** considered part of a standard sports physical. You will need to discuss your desire to have your physician perform this test with your physician's office **prior** to your physical to inquire whether they perform the testing or not. The Baseline Test is the SCAT3. If your child is 12 years old or under they will need to take the Child-SCAT3 Test*