



INTERNATIONAL BOBSLEIGH & SKELETON FEDERATION

## **IBSF ImpACT concussion baseline testing 2021/2022**

The IBSF is serious about athlete welfare. Head injuries and concussions can be serious and lead to long lasting medical problems. To look after athlete safety it is compulsory since the 2015/16 season that all athletes complete an online ImpACT concussion test before they receive an IBSF License.

This means that after completing the test the athletes and the IBSF will have a baseline result that should the athlete receive a concussion can then be used to help them safely return to sliding. As part of clinical examination this neurocognitive assessment tool can help medical personal to determine safe return to play decisions on comparison between baseline and post-injury tests.

### **IBSF ImpACT baseline testing procedure**

All athletes need to do the baseline test to get an IBSF license. After completing the test, IBSF will be informed and will validate the license within 1-2 working days. The test is available in 17 languages and is free of charge for the athlete as well as the National Federation. The costs will be covered by IBSF.

Step 1: The National Federation saves the e-license and then informs the athlete about the concussion test (can also be done prior to licensing).

#### **Important notice**

**All athletes that already did the ImpACT baseline test (test date after 01/04/2020) and were licensed the previous season 2020/21 will automatically be confirmed, as a baseline test is currently mandatory every two years. However, for athletes under the age of 18 the baseline test is mandatory every year (test date after 01/04/2021 for season 2021/22).**

Step 2: The athlete needs to complete the online concussion baseline test (can also be done prior to licensing). After that the e-license will be activated by the IBSF within 1-2 working days.

Step 3: If an athlete has a concussion at the track they are required to go through the IBSF “Fit to slide” - procedure.

Step 4: The Medical Check can determine if the athlete should do a re-test (Post injury test).

Step 5: IBSF will temporarily un-license the athlete (due to missing “Fit to slide” information)



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Step 6: The “Fit to slide” form has to be presented to reactivate the license – this is not connected to the re-test itself or the result of the re-test. The doctor who fills in the “Fit to slide” form is recommended to use the re-test results as the basis for his/her declaration on the form, but is not obliged to do so.

If you have any questions, please contact [office@ibsf.org](mailto:office@ibsf.org).

### How can the athletes take the Baseline test?

The test is available at the group testing page at [Europe.impacttestonline.com/testing](https://Europe.impacttestonline.com/testing)

For login, please, use the customer ID Code: **5CCWUVQDXW**. Press **Launch Baseline Test**. The test will start right away then.



Please enter your Customer Code:

**IBSF**



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## IBSF ImpACT concussion Post Injury Test

**How can the athletes take the Post Injury test? How does the Medical personnel get the Results?**

1. The athletes get the access for the test from their National Federation's Medical Personnel. **For this, every National Federation needs to register the Medical Personnel (max. 2 contacts) to get access to the Post Injury test.** Therefore please contact the IBSF Office at [office@ibsf.org](mailto:office@ibsf.org) and provide the name and e-mail of them. We will create an account then. Credentials of the previous seasons will still be valid. Please, also see the necessary 'technical' steps below to start the test.
2. After the athlete completed the test, the Medical representative has to contact [impact@ibsf.org](mailto:impact@ibsf.org) to get the results/comparison of both tests. This address will be checked at IBSF events 7 days a week at 4:30 pm (CET) and the requests, which will be received by this time, will be processed promptly.

The 'technical' steps are the following. Follow:

<https://europe.impacttestonline.com/htmlcc/Pages/Login/login.html> and login with your credentials.

1. Choose "Start New Test"

The screenshot displays the IBSF ImpACT Applications Customer Center interface. On the left, a navigation menu includes: About, Home, Start New Test (highlighted with a red underline), Organizations, My Settings, Support, Local Install App, and Log Out. The main content area features a 'Welcome' message and several blue buttons: 'Start New Test' (circled in red), 'Submit Trouble Ticket', 'Organizations', 'My Settings', and 'Local Install App'. Below the buttons, there is a video player with the title 'Experiencing browser issues? Watch this video.' The video player shows a smaller version of the application interface with a notification box that reads: 'Important Notification: We recently made several changes to our Customer Center and to IMPACT. We made these changes in direct response to customer requests. While these changes caused a small percentage of our customers difficulty in accessing and administering IMPACT, the good news is that customers were not affected. WHAT YOU NEED TO KNOW.' The video player controls show a duration of 03:02 and a 'LOGIN & PASSWORD' overlay.



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2. Choose “Previously tested – Search by last Name” / Enter the Name / Select Post-Injury 1 as Test Type

## Start New Test

Select type of test taker:

First time test takers      **Previously tested - Search by last name**      Previously tested - Search by Passport ID

MUSTERMANN, MAX 1994-09-05 IBSF

Search

Name: **MUSTERMANN, MAX**

Date of birth: **09/05/1994**

Previously tested in organization(s):  
**IBSF**

Select the test product to administer:

**ImPACT Test**

Select the organization for the test:

**IBSF**

Select the test type:

Baseline

**Post-Injury 1**

Post-Injury 2

Post-Injury 3

Post-Injury 4

## Introductions to do the baseline testing (please share with your athletes before taking the baseline test!)

- This is not an IQ test. The test will establish your personal baseline to compare to if you sustain an injury.
- Please do not do the test within 3 hours after strenuous physical exertion. It is better to do the testing before the training.
- Do not have any other programs open on the computer.
- Turn off and put away cell phones and electronics.



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- This is a timed test. Once you begin, you cannot take any breaks. To complete the whole test takes about 25-30 Minutes.
- Read instructions for each module carefully.
- Do your best to complete each test module as quickly and accurately as possible.
- Please note the correct format of your date of birth (MM/DD/YYYY) as with a wrong format the system will not continue.
- You aren't expected to answer every question correctly. If you miss a question, don't worry and just continue on with the test.
- Do not exit the test until the confirmation page is reached. It will display your confirmation number and Passport ID. Save Passport ID (unique 12-digit code) so doctors can access your tests if you give them the number.
- Testing environment: quiet room with the door closed, if possible, close blinds to minimize outside distractions