



14U and High School Baseline Training & USA Hockey Return to Play

Every IHWC player who plays at a checking age (14U, JV and Varsity) is required to complete a Baseline test provided by the IHWC vendor, IMPACT. **Players will not be permitted to take the ice for a game until we have the baseline test on file for the player**. USA Hockey in partnership with the state of Ohio will require any player concussed to complete a Return to Play form completed by a qualified medical provider.

What is Baseline testing?

Baseline testing is a measure of a person's balance and cognitive function prior to sustaining a concussion. Once a baseline is known for that individual's normal level of neurocognitive functioning, the same test can be used to assess if a child/athlete has sustained a concussion, when he or she has fully recovered and can return to play.

How often should Players complete a Baseline Test?

Any child/athlete under the age of 23 should have a baseline test done every two years. If the athlete was concussed in the season prior, the child should have a subsequent test completed again the next year.

Return to Play:

USA Hockey in partnership with the state of Ohio will require any player concussed to complete a Return to Play form completed by a qualified medical provider.

Resources:

IHWC Youth Hockey website page or at USA Hockey [Concussion/Safety](#).
Return to Play Form [Return to Play Form](#)

Baseline Test Instructions:

1. Go to impacttest.com
2. Go to "customer center" (top right hand corner)
3. Select United States
4. Login (enter email) – stubbs@orthocincy.com
Enter password: Orthocincy2!
5. Select First Time Test Takers, IHWC and enter your information.
6. Take the test in a quiet place.

Test will take approx 25 mins

For More Info, please [CLICK HERE](#)

Thank you,
Indian Hill Winter Club Rangers Youth Hockey