

HEADCHECK Health has created the following checklist to help sports teams prepare and know what to expect when conducting baseline concussion testing. This checklist aligns with the [SCAT6](#) (Sport Concussion Assessment Tool 6), an internationally recognized concussion assessment protocol that is recommended by the [Concussion in Sport Group](#).

STEP 1: DOWNLOAD THE RIGHT TOOL

- Healthcare professionals should use the [SCAT6](#) or [Child SCAT6](#).
- Coaches, parents, and non-medical personnel should use the [CRT6](#).

STEP 2: SCHEDULE TESTING BEFORE THE SPORTS SEASON STARTS

- Baseline tests should be conducted pre-season under the guidance of a healthcare professional, such as the [athletic trainer](#).
- If an athletic trainer is not available, call the athlete's parent/guardian and recommend that their child be seen by a healthcare professional that specializes in concussion management (i.e., sports medicine physician)

STEP 3: ENSURE A CONTROLLED TESTING ENVIRONMENT

- Testing should be conducted in a quiet, distraction-free setting.
- Ensure good lighting and comfortable seating.

STEP 4: COLLECT ATHLETE AND MEDICAL HISTORY

- Record athlete name and demographic information.
- Record previous concussions and head injuries.
- Document medical conditions that may affect recovery (e.g., ADHD, headaches, migraines, anxiety, depression, learning disabilities).
- Note any current medications that the athlete is taking.

STEP 5: ASSESS KEY AREAS OF BRAIN FUNCTION

- Symptom Checklist
 - Athletes will document their symptoms and symptom severity based on how they typically feel in a checklist on the SCAT6.
 - The healthcare professional will count the number of symptoms and document the symptom severity score.
- Cognitive Testing
 - Memory, concentration, and orientation assessments.
- Balance & Coordination Tests
 - Evaluates postural control and movement.
- Neurological Screening
 - Reflexes, eye movement, and motor function tests.

STEP 6: DOCUMENT & STORE BASELINE RESULTS

- Securely store results in a centralized system for easy retrieval in the case of a suspected concussion.
- Ensure coaches, trainers, and medical staff have access to baseline information.

STEP 7: EDUCATE ATHLETES, PARENTS & COACHES

- Explain the purpose and importance of baseline testing.
- Emphasize early concussion recognition and reporting.
- Provide resources on return-to-play protocols and how concussion testing will fit into those protocols.

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STEP 8: PLAN FOR POST-INJURY COMPARISON

- If an athlete sustains a suspected concussion, compare their post-injury SCAT6 results to baseline scores.
- Work with a qualified medical professional for assessment, monitoring recovery, and return-to-play decisions.

STEP 9: REPEAT BASELINE CONCUSSION TESTING

- Conduct baseline testing annually before the start of each sports season to ensure up-to-date data.

STEP 10: REFER TO HEADCHECK HEALTH CHECKLISTS FOR MANAGING CONCUSSIONS

- [Concussion Checklist for Parents](#)
- [Concussion Check for Coaches](#)

Baseline testing does not prevent concussions, nor is the SCAT6 a standalone diagnostic tool. But baseline testing offers a critical and important step in ensuring safer sports participation. By following this checklist, sports teams can enhance player safety, improve concussion management, and support athlete recovery.

ABOUT HEADCHECK HEALTH

On a mission to prevent and manage head injuries, HEADCHECK Health provides end-to-end solutions to execute concussion protocols, mitigate risk, and promote recovery. [Contact us](#) today to learn how we can help!

ABOUT THE AUTHOR

Dr. Jennifer Hunnicutt is a licensed athletic trainer with a PhD in Health and Rehabilitation Science, who has worked with all types of athletes, including professionals and Olympians. She has held prominent research positions at Emory Sports Medicine and the NBA Hawks Center in Atlanta, GA, as well as serving on the national network of healthcare providers for U.S. Figure Skating. Now the owner of Hunnicutt Writing and Consulting, LLC, Dr. Hunnicutt collaborates with global institutions, spearheading innovation and research among professionals and businesses in Sports Medicine and Orthopedics. Learn more at <https://drhunnicutt.com>.