

Minden Sway Baseline Testing

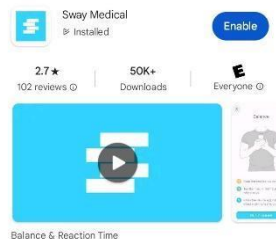
For the 2026-2027 school year, we will continue to use the Sway program for neurocognitive testing as part of our concussion management plan. This is the same program we used for the past few school years. Every student planning on participating in a sport or dance/cheer will need to complete a new baseline assessment prior to being able to participate in the Fall 2026 sports/activities.

To take a baseline test, you will need to have a device with the Sway Medical app downloaded. If you do not have access to a device that can support The Sway Medical app, you can contact Ed Rowse at 308-832-2254 or Julie Anderson at 308-832-2338 to arrange a time to take the baseline. Baseline testing can take 15-30 minutes.

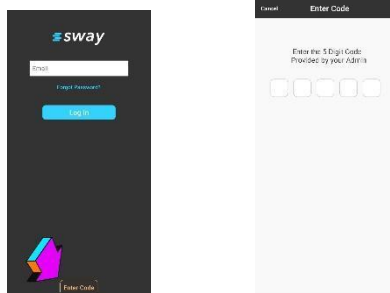
There are no passing or failing scores on this test. Each test is used to establish normative values for each individual. For the most accurate results, the test should be completed when the athlete is awake, alert, and well rested. Avoid taking the baseline when tired, sick, or when the body is stressed from physical or emotional sources.

To take a baseline test:

- Download the Sway Medical App (free) onto a device



- Open the app, and click on “Enter Code”, located at the bottom of the screen:



- Enter the code that corresponds to the sport/activity you plan on participating in. (if you plan on cheer and a sport, just choose one of them)

- High School Dance/Cheer-3AVJ3
- High School Girls Golf-J5PSE
- High School Softball-5MTFN
- High School Football-X3Y97
- Middle School Football-5UY89

- High School Cross Country-UDHAJ
- Middle School Cross Country-GE8VU
- High School Volleyball-R6FKY
- Middle School Volleyball-GAY2S

- Click on and complete the “Hardware Verification” to ensure your device can accurately record the test. After that, complete each of the sections, working your way down the page.

- “Symptoms Only” section: *This is to list any symptoms you are having **at the time of testing that are not normal for you**. Ex: if it is after lunch and you are normally drowsy, and you feel the same level of drowsy now, that would be a 0. If it is the middle of the day and you have blurred vision rated at 4/10, that you normally do not have, then you would rate blurred vision at 4/10. **If you are not having anything out of normal, your symptoms score would be 0.***
- Once the test is complete, you will see a page of the test results. This is for your reference only, you do not need to print or send the results anywhere. The goal is to have test results with consistent scores to establish a good baseline. If test scores vary significantly, portions of the test may need to be re-taken at a later date.
- If you have any questions or concerns regarding this test, you can contact Ross Oberg PT, DPT, ATC at 308-340-6817 or via email at roberg@kchs.org, or Julie Anderson via email at julie.anderson@mindenwhippets.org.