

**Dear Milwaukee Sting Parent/Guardian,**

My name is Nathan Geidel, and I am the athletic trainer contracted through Aurora Sports Health to work with the Milwaukee Sting Volleyball Club. I am excited to get to work with all the amazing athletes and coaches that are in this club!

As the athletic trainer, I am tasked with incorporating multiple areas of healthcare to provide the best patient-centered care possible for your athlete. One of those tasks, is SWAY concussion testing. SWAY is a program that we use through Aurora Sports Health, to help assess if an athlete is experiencing signs of a concussion by placing them through testing to best properly diagnosis that athlete. With that being said, we will need to collect baseline data for **ALL STING ATHLETES** to have in our records.

Having this baseline concussion testing is very important to us and is a part of what you all signed up for in regard to providing medical care for your athlete. The testing does not take terribly long (~20 minutes to complete). **It must be completed all at one time otherwise it will log you out.** It will ask the athlete to complete a series of tests, three times, and then take the average of those tests to be able to assign a baseline level. Those tests will include balance, memory recall, and reaction time. **Please ensure that the athlete and the athlete alone is the only one completing this test.** It is very important that they do not have any distractions while taking the test! Thus, you may need to move to a quieter section of where you live. **You will most likely need to supervise or be by them to read them directions for how to complete the tests.** They may feel like they did poorly on some of the tests, but please remind them that they did not, and this is only a baseline. **NOBODY FAILS!** If they have any questions, please see the attached instructions on how to complete the tests and everything should be answered there.

Their information will be strictly confidential and part of their protected health information (PHI). Thus, the only people that will have access to it are myself and anyone associated with medical care. We can show you and the athletes their data if they were to sustain a concussion and show you how it compares to their baseline, but nobody else will see it.

Again, having this baseline data is very important to us to be able to diagnose a possible concussion during the season, if it were to occur. While allowing us to compare that instance and testing, to this baseline. Thus, we ask you to have them complete this test as soon as possible at the start of the season.

If you have any questions or need further clarification, please do not hesitate to reach out as my email is provided below. Thank you again, and I look forward to working with your athletes!

**Best,**

**Nathan Geidel, MS, LAT, ATC**

**Email: [nathan.geidel@aah.org](mailto:nathan.geidel@aah.org)**

### **SWAY Concussion Testing Instructions**

1. Download “SWAY Medical” from the app store onto your cell phone (Below is the picture of what the app should look like):



- a.
  - b. **\*\*\*IT IS IMPORTANT THAT THIS IS DOWNLOADED ON A PHONE AND NOT A LAPTOP OR DESKTOP COMPUTER FOR THE SAKE OF THE TESTS BEING ADMINISTERED\*\*\***
2. Once downloaded and on the homepage, look to the bottom where it says, “Enter Code”.
    - a. Enter the code: Y6RBW.
      - i. **THIS IS THE SAME CODE FOR EACH ATHLETE THAT NEEDS TO COMPLETE THE TESTING THIS YEAR. IF YOU HAVE MULTIPLE KIDS IN THE PROGRAM THAT NEED TO COMPLETE THE TESTING YOU CAN RE-USE THE SAME CODE; HOWEVER, YOU WILL NEED TO CREATE A SEPERATE PROFILE THAT IS UNIQUE TO EACH ATHLETE**
  3. After entering the code, it will ask you to “Create a Profile”
    - a. Please create a profile for that athlete answering information like height, weight, graduation year (High School), and email.
      - i. The email used can be yours as the athlete will most likely not have an email yet.
  4. Once the profile is complete, I will need you to do the following:
    - a. **Turn your phone on “Do Not Disturb”,** as this is important for the sake of the tests that the athlete completely concentrates.
    - b. **Turn the phone volume up all the way up with the ringer on, or up enough that they can hear sound from the tests.**
      - i. This is important for the balance portion of the test as a few of these tests will ask you to balance with your eyes closed. Without the sound on or vibration on the phone, you will not know when to stop.
    - c. You will need to have them complete these tests in a location where you live where there will be no distractions. Move to a room or place where you live that will be

quiet. Avoid rooms with a TV, siblings, or other things that may cause a distraction for them.

5. The next step will ask for a “hardware verification”, which is near the top of the screen. Set your phone on a flat surface (Ex: Table) and then press “Hardware Verification”. This will only take a few seconds.
  - a. If there is an error initially, keep trying and you may not have set the phone down before the verification began.
  - b. If you have continuous issues or errors, please reach out to me and we will try to figure out what the issue is.
6. From here you will complete the tests in the order they are given. **PLEASE BE NEAR THEM WHILE THEY ARE COMPLETING THESE TESTS SO THAT THEY STAY FOCUSED AND DO NOT GET DISTRACTED. ALSO, PLEASE ENSURE THAT THEY READ THE DIRECTIONS CAREFULLY AS TO WHAT IS BEING ASKED OF THEM. YOU MAY NEED TO HELP THEM HERE IF THEY DO NOT UNDERSTAND SOMETHING.**
7. The first part begins with a symptom score. Here you will have them answer from a scale of “None” to “6” based on how they normally feel for that symptom.
  - a. It is okay if not every symptom is rated as a “None”, as this again is based on how they typically feel every day. This is a baseline!
8. Once they complete that, they will press next and move onto the next test.
9. The next test is a balance test where again it is important that they have the sound up all the way or enough that they can hear it, as they will either be indicated by sound or a flash of light from the phone when the test is completed.
10. Continue to follow all the directions and complete all the tests in the order they are given and in one sitting. It is important to get it all done without any breaks, if possible!
11. Each of the tests will be given three times using the averages to create their baseline.
12. Once all the tests are completed, it will take you back to the homepage, where it asked you to enter the code. **This is an indication that the test was completed, and they are all done.**

If there are some discrepancies, I will reach out and have the athlete take the tests again. However, this is a baseline, and we are just gathering initial data. The test takes about 20 minutes to complete. You do not need to remember your log-in information to sign in as it will not get you anywhere! If I were to assess them for a concussion, I would create a new code, and they would just need to enter that as all their information will already be in the system. More than likely, it will either be on my phone or their phone if they have one. They will only complete each of the same baseline tests once, and it will take less time overall to complete. From here, we will have data to compare to their baseline!

Completing this baseline test early in the season again is important! Please reach out if you need any clarifications regarding the above instructions.

**Thank you,**

**Nathan Geidel, MS, LAT, ATC**

**Email: [nathan.geidel@aah.org](mailto:nathan.geidel@aah.org)**