

BERGEN CATHOLIC HIGH SCHOOL

Athletics & Sports Medicine Department

Concussion Baseline Testing Update

Effective immediately for all Bergen Catholic student-athletes

PREVIOUSLY

ImPACT

Concussion Testing System

Retiring



NOW USING

SWAY

Medical Balance System

Active

What is SWAY?

SWAY is a clinically validated, app-based concussion assessment and balance testing platform trusted by professional sports organizations, universities, and high schools nationwide. Using a smartphone or tablet, SWAY measures cognitive function and postural stability to produce accurate, objective baseline data for each student-athlete — quickly and easily.

Why Bergen Catholic is Making the Switch

- **Mobile & Convenient:**
Testing done on a smartphone — no computer lab or scheduling hassles.
- **Faster & Efficient:**
Baseline tests complete in minutes with instant, shareable reports.
- **More Accurate Data:**
Uses the phone's gyroscope for objective, real-time balance and cognitive assessment.
- **Cost-Effective:**
Reduces administrative overhead while improving athlete health data quality.
- **Nationally Trusted:**
Used by NFL, NBA, and NCAA programs as a gold-standard baseline tool.

What This Means for Your Student-Athlete

All Bergen Catholic athletes must complete a SWAY baseline test at the start of each season. This replaces the previous ImPACT testing process. Our athletic training staff will guide every athlete through the process.



PARENTS: Does your son need to complete his SWAY test?

Please reach out directly to our Athletic Training Staff — they will walk your son through the entire SWAY baseline testing process and ensure he is cleared to participate.

Questions? Contact the Bergen Catholic Athletic Training Department

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