



HRNSW Cognitive Testing

Background:

- It is a well-known fact that repeat concussions can lead to permanent brain injury or death.
- Thoroughbreds have been using this same test on its jockeys for over 10 years.
- The NRL also test their participants.
- It is possible to fail the test, main cause is not reading the questions properly before commencing the test
- If you fail the test you will be provided with a second opportunity, if you fail a second time the results will be sent to the HRNSW Chief Medical Officer for analysis.
- HRNSW Testing Officers do not require any special skills to conduct the cognitive test, their primary role is to witness the person required to complete the test is the person completing the test.

The Test:

- The first test is required to be witnessed by the HRNSW Education & Welfare Manager or a delegated representative of HRNSW, any test following a concussion must also be witnessed.
- Annual licensing tests post the first test can be completed using a link to the cognitive test sent via email.
- The test focuses on 3 main areas
 1. Speed taken to answer
 2. Accuracy of the answer
 3. And memory of the question
- There are 3 different tests using playing cards, it is important to read the questions carefully before starting each test.
- Important to note, there will be a trial test which allows you to familiarise yourself to what is expected before the official test starts.
- No computer experience is required, the test uses 2 keys to answer the questions. The D key represents a NO answer and the K key represents a YES answer.

Important Notes When Completing the Test:

- The test takes 15-20 minutes to complete.
- Distractions will have a detrimental impact on the results, it is recommended completing the test in a quiet room.
- When entering your date of birth you need to enter the first 3 letters of the month separated by a dash, then date of month again separated by a dash and then the year. Example if your date of birth was 23/01/1992 you would enter it as Jan-23-1992
- Should the internet connection dropout during the test, no results will be recorded and the test will need to be completed again.

If you use reading glasses to read you will need to bring them!

If you have any questions, please contact the HRNSW Education & Welfare Manager Maurice Logue 02 9722 6623.