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Fair Lawn High School **ImPACT Concussion Testing**

The ImPACT Test

ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is a software tool used in many professional, collegiate, and high school sports programs across the country, to recognize and better manage concussion injuries. ImPact has been scientifically validated through over 15 years of university-based research. The ImPACT exam takes about 25 minutes on a computer and is a non-invasive A baseline ImPACT exam will provide normative measurements of the brain's cognitive abilities such as memory, reaction time, processing speed, and concentration.

The results of the baseline ImPACT scores are collected and stored by our athletic trainer. If an athlete experiences a head injury or concussion during the season, he/she will be re-evaluated by our athletic trainer at school and the results will be compared to the preseason baseline data. Doing this allows the athletic trainers and physicians to determine the athlete's neurocognitive status, along with separate physical and neuromuscular exams, to determine when it is safe for the athlete to return to active sports.

The baseline ImPact exam is **NOT** a pass/fail exam. The baseline ImPact exam will provide the athletic trainer and physician with how your brain functions on a normal basis so comparisons can be made if a head injury is sustained as functionality of the brain may depreciate due to the head injury.

Who needs to take the ImPACT test?

One baseline ImPACT exam is valid for **two years** (unless a concussion is sustained – then a new baseline will be needed). The test must be taken prior to participation in any sport.

INSTRUCTIONS ON HOW TO TAKE THE TEST ON YOUR HOME COMPUTER

1. Set aside 30 minutes in a quiet room with a computer with no distractions, including cell phones and head phones. Turn off all background noise such as televisions and **AVOID ALL INTERRUPTIONS**.
2. You must use a standard external mouse. Do not use a finger mouse pad (i.e. Laptop.)
3. Read the instructions carefully
4. Do not allow others to take YOUR test – this baseline exam is intended to measure YOUR brain's normal ability.
5. Do not write answers down – this will provide inaccurate baseline scores
6. If you are running Windows 7, make sure power management is set to High Performance – otherwise performance will be slowed, negating test scoring.

USING GOOGLE CHROME, go to www.impacttestonline.com/schools

1. Use drop down box and click on New Jersey
2. Make sure Pop up Blocker is turned off (top right corner of screen)
3. Enter: 0303EE201D
4. Follow instructions
5. Test is complete when it reads, "Thank you for taking the test". Print confirmation if possible and hand in to your coach.

****If you do not have a computer at home to take the test, please notify your coach so an appointment can be scheduled for your to take it here at Fair Lawn High School.**