

Hello All.

Baseline ImPACT testing will be held for all SPRING sport athletes (HS Baseball, Softball, Boys Tennis and Track, MS Softball, Soccer & Swimming). A Baseline ImPACT test is a **requirement** in order to participate in athletics. An ImPact test is a computer generated test for brain activity that establishes a baseline for concussion.

Who needs a new baseline ImPACT test?

- ★ Any new middle school and high school athlete (if you have never played an SMS/SHS sport).
- ★ All those in 7th, 8th, and 9th grade (6th graders who are in MS Swimming or a team manager).
- ★ Any high school athlete who has not taken a new baseline test within the last 2 years (typically, 11th graders) transfer students, managers, and those who have never participated in sports before.
- ★ Any Middle school athlete who has not taken a baseline test within the last year.
- ★ Any athlete who has sustained a concussion in this past school year.

****Student athletes need a NEW BASELINE TEST EVERY YEAR at the MIDDLE SCHOOL level and EVERY TWO YEARS at the HIGH SCHOOL level!**

Test Details: Testing takes approximately 30-40 minutes to complete

Test Dates: **2/20 @ SMS 2:00pm SMS Students only . (Room 102/104)**
 2/20 @ SHS 2:40pm SHS students only . (Library)
 2/25 @ SHS 2:40pm SHS students only . (Library)
 2/25 @ SHS 5:30pm SMS/SHS students . (Room 5 - Computer Lab)

If you have an extra external mouse PLEASE bring it! This will allow us to have more students after school complete the ImPACT together.

FOR TESTING AT 2:00PM @SMS: IN ROOM 102/104. This is for Middle School students only that have signed up. Testing will take place with your school issued laptop.

FOR TESTING AT 2:40pm @SHS: IN THE LIBRARY PLEASE WAIT BY THE ATHLETIC TRAINER'S ROOM OR OUTSIDE OF THE LIBRARY. The door will be locked, please be patient as someone will be there to let you in shortly. Testing will take place in the Library with your school issued laptop.

FOR TESTING AT 5:30PM @ SHS IN ROOM 005(COMPUTER LAB) PLEASE ENTER SALISBURY HIGH SCHOOL DOWNSTAIRS THROUGH DOOR 15 AT THE TEACHER LOT SIDE ENTRANCE (OFF OF S. DAUPHIN STREET). The door might be locked, please be patient as someone will be there to let you in shortly.

Students must not be late, otherwise they will have to sign up for another time. Once the testing has begun there will be nobody permitted to enter the room as this is a distraction to test takers.

*****Student athletes are NOT permitted to start practice in the SPRING until they have a current baseline test and will miss the first portion of practice if they do not take the ImPACT Test*****

It is a requirement that you have not participated in any strenuous physical activity *three hours prior* to taking the ImPACT test.

Please sign up on the SIGN-UP GENIUS (12-20 students per time slot, first come first serve).

<https://www.signupgenius.com/go/805094AAFAD2AA3F94-spring>

****If you have questions, please email us, Julie Grisi at jgrisi@salisburydsd.org, Julie Nunn at jnunn@salisburydsd.org and Zane Sebesta at zsebesta@salisburydsd.org. Thank you.****