

IMPACT TESTING REQUIREMENTS:

Watchung Hills Regional High School has been utilizing an innovative program for our student athletes. The program is called IMPACT (Immediate Post Concussion Assessment and Cognitive Testing) and is an online computerized exam that the athlete takes prior to the season. **We are asking our student-athletes to take the baseline test on their home computers.**

The exam takes about 30-40 minutes and is non-invasive. The program is basically set-up as a "videogame" type format. What it is doing is giving the brain a preseason physical of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration.

For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. If a concussion is suspected, the test is re-taken at school with one of our certified athletic trainers. The information can be used to better determine recovery from a concussion. If an injury of this nature occurs we will be in contact with you.

To ensure a valid test, please follow these instructions. It is very important that you are able to fully concentrate during the entire test. **Poor performance will result in an invalid test and will require a retake!**

- ▶ Set aside 40 minutes in a quiet room with no distractions to take the test.
- ▶ No headphones or cell phone use during the test.
- ▶ Turn off any televisions, radio or anything else that can produce background noise. **AVOID ALL INTERRUPTIONS**
- ▶ Note the test will begin by asking you background questions called the "demographic" section.
The symptom scale is based on how you are feeling at that moment, 6 the worst or 0 least.
- ▶ **There are 6 test sections called "modules." These include word memory, design memory, Xs and Os, symbol match, color , word match and three letters.**
- ▶ **Take your time to read each section's instructions very carefully. Each module is self explanatory.**
- ▶ **It is common to perform the color word match module incorrectly, PLEASE read that section's instructions thoroughly.**
- ▶ **You must use a standard external mouse. You may not use a finger mouse pad (ie: laptop mouse), a Track Mouse, or anything other than a standard mouse.**
- ▶ **Minimum computer requirements:**
 1. **Only use Internet Explorer 6.0 and above, or Firefox 1.5 or above, Safari for the MAC running OSX 10.2 and above.**
 2. **Must have Macromedia FLASH PLAYER 8.0 or newer. You can download FLASH PLAYER at www.adobe.com**
 3. **If you have a pop up blocker installed you must turn it off for the duration of the test.**
 4. **Close all other programs on your computer before taking the test.**
 5. **You need a broadband internet connection**
- ▶ To take the baseline test, go to: www.impacttestonline.com/schools
- ▶ Select NJ and then click on "Launch Baseline Test."
- ▶ **Make certain to select Watchung Hills Regional High School** when asked for "school/organization" in the demographic section.
- ▶ Enter Watchung's customer ID code: **33AB12DA4A**
 - ▶ **ENTER THE NAME THE SCHOOL KNOWS YOU BY, not a nickname!**
- ▶ Your test results are not displayed once you are finished (all results are password protected).
 - ▶ Hit print at the end of the test. Hand in to your coach. If you cannot print, please inform your coach you took the test.
- ▶ Please do not allow others to take an additional test.
- ▶ Thank you for participating in our Impact Concussion Management Program.

Sincerely,

Maureen Hack, ATC
Terry Marcazo, ATC