ImPACT Baseline Testing – Virtual Option

This year we will be offering the option for our athletes to complete their ImPACT baseline testing at home. The Athletic Trainers will be providing a code to all athletes for them to complete the test. Once the athlete completes the test the Athletic Trainers will have access to the results.

The ImPACT baseline test is a tool designed to assess a personalized standard (baseline) for cognitive brain function while an individual is in a normal, healthy state. Should that individual later sustain a concussion, their baseline test would be used as one of many tools to help in their return to sport.

The test is approximately 30-40 minutes long and should be taken in an environment where you can remain focused for the duration. Interrupting testing can affect baseline scores. You must use a computer or laptop with a mouse or trackpad for this test and select which you are using before beginning the test. Please do not attempt to take this test on your phone.

Attached are instructions on how to begin your baseline test. If you have questions prior to testing, or don't have the proper equipment (computer/laptop) please feel free to reach out to us via email.

Thank you,

Serena Miller

Athletic Trainer

Lehigh Valley Health Network

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Rules & Important Notes: ***PLEASE READ BEFORE BEGINNING YOUR TEST***

1. This test is to be done in a distraction free environment. Please turn off your cellphone. If you are doing this at home, please do it in a quiet room by yourself. If you lose focus during your test, it can affect your baseline and may result in you having to repeat the test.

2. Go to: **impacttestonline.com/testing**

3. Code: **zby25dyfs4**

4. School: **Bangor School District** (Please do not select Bangor Slaters!)

5. **Launch Baseline** (You are now starting the test)

6. Once the test is started you will reach a section that asks to either "Enter Additional Demographics" or to "Skip Additional Demographics". Please **ENTER the Additional Demographics.**

7. At the end of the test, it will ask you to print or email a confirmation of the test. You **DO NOT** need to do this. Once you get to that screen, you may close your browser window, the test is completed.