



---

**METHACTON SCHOOL DISTRICT – ARCOLA INTERMEDIATE SCHOOL**  
**SPRING CONCUSSION ImPACT® BASELINE TESTING EXPLANATION AND INSTRUCTIONS**

As part of the concussion evaluation, Methacton School District uses a computerized assessment measure called ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing) to aid in the clinical decision making process. ImPACT® is a computerized neuropsychological assessment of memory, attention, reaction time, processing speed, and post-concussion symptoms. ImPACT® provides specific, objective information regarding the injury. ImPACT® is only one tool in the multidisciplinary approach to the concussion evaluation. To properly assess post-injury ImPACT® results, a baseline ImPACT® test must be on file. These tests are regarded as privileged medical information and results are not shared with anyone besides the medical staff, unless requested by your child's treating physician.

### **ImPACT® TESTING**

All 7<sup>th</sup> grade students who participate in interscholastic athletics at Arcola Intermediate School must take the baseline ImPACT® test. Additionally, any 8<sup>th</sup> graders who did not participate in the previous year or transferred into Methacton School District with need to complete the baseline test. If you are unsure if you need to take a baseline test for the upcoming year, please contact your Athletic Trainer, Erin Tryon ([etryon@methacton.org](mailto:etryon@methacton.org))

### **AT HOME BASELINE TESTING**

ImPACT testing takes place remotely from home using a computer. Phones are not to be used for baseline testing. The test takes approximately 30-40 minutes to complete. Please read the instructions carefully, as the validity of the ImPACT® test depends on them. If you have any questions or need further instruction, please reach out to your Athletic Trainer.

### **REMINDERS**

When taking the ImPACT® baseline test, the environment should be similar to how the athlete would take a post-injury test, should a concussion be suspected or need to be ruled out. To help create this standardization, please follow these instructions:

1. The test should be taken in a quiet, distraction-free environment. This means no earbuds, no cellphone use, etc. during the test.
2. The test should be taken on a computer. If taken on a laptop, do not use the trackpad, instead, PLEASE USE THE MOUSE.
3. Be sure to have a secure internet/WIFI connection.

If your code will not work, enable pop-ups on your browser. If your test freezes for more than one minute, try refreshing your page. If this does not work you will have to restart the test. If a baseline test is deemed invalid, the Athletic Trainer will have the athlete retake the test.

Part of the test relies on seeing colors. If your child has a color vision deficiency or color blindness and you think it will alter the results of the test, please email the Athletic Trainer, as we use an alternate baseline concussion test.

### **STARTING THE ImPACT® TEST**

1. Open your browser, enter the website: [www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)
2. Enter the code: **033CADCDF5**
3. Click **VALIDATE**
4. Click **LAUNCH BASELINE TEST**
5. The test has now started.
  - a. When you get to the slide that asks if you would like to skip or enter demographics, please click ENTER ADDITIONAL DEMOGRAPHICS.
  - b. Give your best answer for CURRENT POSITION/EVENT/CLASS (ie. Lineman, singles/doubles in tennis, wrestling weight class)

### **WHEN YOU HAVE FINISHED THE TEST**

1. You will see a screen with your information on it and a spot on the bottom to enter your email.
2. Enter an email you have access to. That email will get a copy of the athlete's passport ID for your records.
3. The screen will not change, simply close the browser.

**\*\*\*If you prefer to have your student-athlete complete the baseline test at school, arrangements can be made by emailing your Athletic Trainer.\*\*\***