



METHACTON SCHOOL DISTRICT
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 students who participate in the following interscholastic athletics at Methacton High School must take the baseline ImPACT® test.

Football	Cheerleading	Wrestling
Soccer	Basketball	Baseball
Field Hockey	Swimming	Lacrosse
Volleyball	Diving	Softball
Pole Vault		

If you are unsure if you need to take a baseline test for the upcoming year, please contact your Athletic Trainer, Zachery Olds (zolds@methacton.org)

Baseline Testing Frequency

Baseline testing is done at least every **two** years. Freshmen and Juniors must take the baseline test, regardless of the date of last baseline. In addition, any Sophomores or Seniors that did not take a baseline in the previous year, transfers, and new student-athletes must also take a baseline test. Baseline tests are good for the entire year, an athlete does not need to repeat a baseline test for another season (sport). If an athlete's score is deemed potentially invalid, a new baseline must be taken.

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
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.*****