

## J.P. Case Middle School - ImPACT Concussion Testing

### About the ImPACT Test:

- ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is a software tool used in many professional, collegiate, and high school sports programs across the country, to recognize and better manage concussion injuries.
- ImPACT has been scientifically validated through over 15 years of university-based research. The ImPACT exam takes about 25 minutes and is non-invasive to complete. A baseline ImPACT exam will provide normative measurements of the brain's cognitive abilities such as memory, reaction time, processing speed, and concentration.
- The results of the baseline ImPACT scores are collected and stored by our athletic trainers and physician. If an athlete experiences a head injury or concussion during the season, he/she will be re-evaluated by one of our athletic trainers at school and the results will be compared to the preseason baseline data. Doing this allows the athletic trainers and physicians to determine the athlete's neurocognitive status, along with separate physical and neuromuscular exams, to determine when it is safe for the athlete to return to active sports.
- The baseline ImPACT exam is NOT a pass/fail exam. The baseline ImPACT exam will provide the athletic trainers and physicians with how your brain functions on a normal basis so comparisons can be made if a head injury is sustained as functionality of the brain may depreciate due to the head injury.

### Who needs to take the ImPACT Test:

**One baseline ImPACT exam is valid for two years** (unless a concussion is sustained). The following individuals must take the ImPACT exam to ensure one baseline exam is taken every two years:

- 7<sup>th</sup> Graders
- Any new students to J.P. Case Athletics who has not taken a baseline ImPACT in the past two years

### How to take the ImPACT test:

(Please read ALL instructions before taking the test.)

1. Set aside 30 minutes in a quiet room with no distractions to take the test
2. No headphones or cell phone use during the test
3. Turn off any televisions, radio, or anything else that can produce background noise. **AVOID ANY AND ALL INTERRUPTIONS**
4. 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
5. **Read the directions carefully**
6. Do not allow others to take your test – this baseline exam is intended to measure your brain's normal ability.
7. Do not write answers down – this will provide inaccurate baseline scores
8. Please use the most updated version of Google Chrome, Internet Explorer 6.0 and above, or Firefox 1.5 or above, Safari for the MAC running OSX 10.2 and above

9. You must have Macromedia Flash Player 10.0 or newer. You can download Flash Player at [www.adobe.com](http://www.adobe.com)
10. If you are running Windows 7, make sure power management is set to High Performance – otherwise performance will be slowed, negating test scoring.
11. To take the baseline test log on to the following website: [www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)
12. Enter J.P. Case's security code: 6GE26DJZVB (case sensitive) Click "Validate"
13. Then select "J.P. Case Middle School" from the drop down menu and click "Launch Baseline Test"
14. Be sure your pop-up blocker is turned off as the Baseline Exam will appear in a pop-up window.
15. Results will automatically be generated to the J.P. Case database.
16. Do Not take the baseline test more than once, when you reach the final screen that tells you to "print confirmation" or "email confirmation" your scores have already been uploaded in the system and will become accessible to the Athletic Trainer.
17. We pay per ImPACT test. So do not take more than one test, See number 16. Anyone found in the system more than once will get a notice letter from the school. If you do this please notify the athletic trainer immediately to explain what happened.
18. Notice: This test has a built in malingerer timer, if a section is not completed within the set "normal" time range the test closes itself out and you will have to start over from the beginning. Make sure you use the restroom or anything else you need BEFORE you start the test.
19. If your test freezes mid section you will have to close out of everything and restart the entire test. This test does not save in intervals and must be completed in one set period of time.

A student athlete will not be allowed to participate in any sports activity in conjunction with J.P. Case Athletics unless a valid baseline ImPACT evaluation appears in the system. (You will be notified a week out from the start date or try outs if you DO NOT have a valid score, you will not hear from us if you do have a valid test)

If you have questions about the ImPACT program, please contact our Athletic Trainer, Carissa Macay at [cmacay@frsd.k12.nj.us](mailto:cmacay@frsd.k12.nj.us)