

Impact Test Guidelines

(PLEASE READ BEFORE TAKING TEST)

This is not an intelligence test. This test is designed to measure cognitive function, reaction time and memory so in the event you sustain a concussion; we have a baseline score of what your status was before the injury and can aid the doctors in making a return to play decision when comparing the to post-injury tests. This test needs to be taken for all contact/collision sport athletes.

Copy and past this link into your internet browser (Use google chrome over safari if you can): <https://www.impacttestonline.com/testing>

Enter Code: 9b2fb5fe5c

IF TAKING THE TEST ON A LAPTOP YOU MUST USE AN EXTERNAL MOUSE! DO NOT USE THE TRACKPAD TO TAKE THIS TEST!

The test will start with a demographic portion that should be filled out to the best of your knowledge.

- Please select the language you are most fluent in or is your first/dominant speaking language.
- Only answer “yes” to medical conditions if you have been diagnosed by a doctor.
- **Click Additional Demographics**
- When entering years completed in school you will always enter in a year behind what you are now because you have not completed this year. Seniors-11, Juniors-10, Sophomores 9, Freshmen-8, 8th graders-7, 7th graders-6, 6th graders-5”
- When entering in “sport” choose the following that you belong. For Football either choose Football Varsity or Football Middle School.
- For “current position/event/class” enter in what your position or most dominate position is if you play multiple. You can abbreviate.

- For “years of experience at this sport” enter 0 if you have never played this sport at your current level (Junior High or High School). If you are a senior and have played this sport in high school every year enter 3 because you have not completed your 4th year. Also if you’re a freshmen but played Varsity in 8th grade you have 1 year of experience.
- If you’ve had a previous concussion answer to the best of your knowledge. When it gets to the part of when the last date of your last concussion was, be as close as possible if you can’t remember the exact date.

After the demographic section is complete you will be prompted to start the test. Please make sure all phones and distractions are put away. Focus on your test. Speed matters. You need to answer as fast but as accurate as possible. You **WILL NOT** get everything right on this test so do not beat yourself up if you get things wrong. Make sure you thoroughly read the directions before each section so you know what you are supposed to do. If you get too many things wrong or go too slow it will cause you to have an invalid test and you will have to retake this test again.