



BASELINE CONCUSSION TESTING – AT HOME

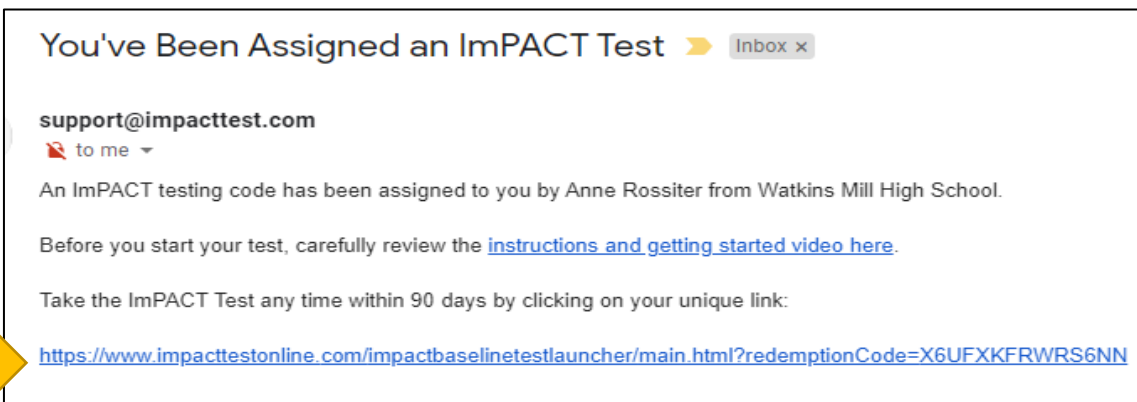
MCPS utilizes a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) in order to administer systemwide baseline concussion testing. All student-athletes are required to complete a baseline test one-time, prior to their initial participation in the MCPS athletics program. As a result of COVID-19 restrictions, for the 2021 fall season, all student-athletes needing to complete ImPACT testing, will do so utilizing the online ImPACT test. The deadline for completing the test and being cleared for participation in the fall in-person season is March 15, 2021.

Following are directions and key points to success when taking the test.

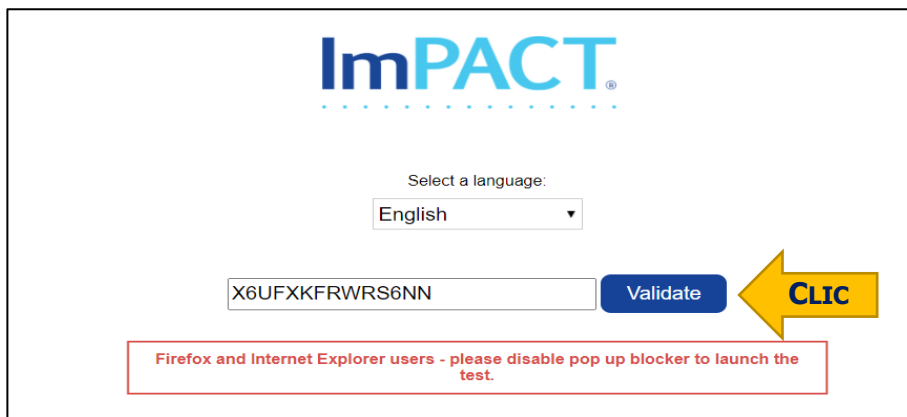
Key Points for Success:

- Allow yourself 45 minutes for the test;
- Sit in a quiet and distraction-free area (leave your phone or other device in another room);
- Sit in a comfortable location;
- You may use any browser however, “Chrome” works best;

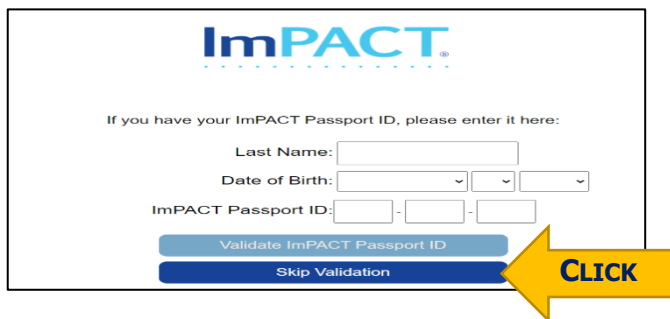
An email will be sent to your [Student ID@mcpsmd.net](mailto:Student_ID@mcpsmd.net) account from ImPACT. Below is a picture of what the email will look like; when you are ready, **click** the link to begin the test.



It will take you to a screen that looks like the one below, **click** validate.



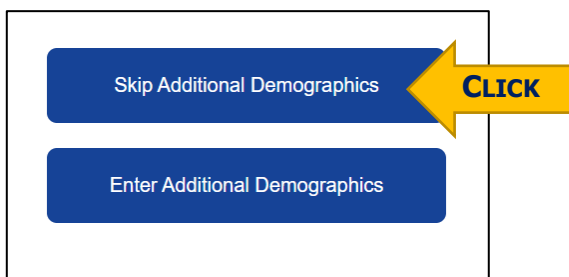
On the next screen, type in your last name, date of birth, (don't enter anything for ImPact ID), and then **click** skip validation.



The test will begin by asking questions:

- Full name (as it appears on your report card)
- Date of Birth
- Diagnosis of attention deficit disorder or hyperactivity
- Diagnosis of learning disability
- Diagnosis of a concussion

Click “Skip Additional Demographics”



When the test asks about **current symptoms** that you are experiencing, it is referring to “how you are feeling at the moment of taking the test?” Zero (0) means no symptoms – six (6) means the worst I have ever felt.

The test will then begin!

Once the test is completed, you will not need to do anything further; the athletics specialist (AD) at your school will be able to see the results. If you have any additional questions or problems with the test, please contact your athletics specialist.