

Dear Parents and Athletes:

We will continue to utilize the ImPACT Concussion Management System for this upcoming season. In preparation for this I would like to ask all new athletes, freshmen and junior athletes to take a baseline test at home. The baseline test will serve as a benchmark for your cognitive abilities and concussion symptoms prior to your suffering a concussion. Each baseline is good for two years. This allows us to compare your post-concussion results against your non-concussion test. In addition to this we also compare your results to “normative data” for your age group.

In the event you are unable to take the test prior to the start of the season at home, time will be made available at school for baseline testing. It is mandatory for all new athletes, freshmen and junior athletes participating in a contact or collision sport at Medina High School to have a baseline test on file prior to starting in-season practice.

The Online ImPACT Baseline Test

The information below will assist you in administering the ImPACT baseline test at home.

- The ImPACT program functions best when completed on a PC (non-Mac or Apple computer). Attempting to take the test on an Apple or Mac computer may cause the program to freeze or crash.
- You must administer the test on a desktop or laptop computer with an internet connection and an external mouse. Also, do not run the laptop from the battery, use the A/C connection.
- Close all other programs before starting the test. If you have a pop-up blocker installed, you will need to turn it off temporarily allowing pop-ups from the site.
- If you do not have access to a computer with internet connection or have other problems in taking the test, please call the certified athletic trainer at Medina High School at **330-636-3229**.

Taking the ImPACT Baseline Test At Home

- To ensure the home-based results are accurate, a parent/guardian must oversee any student-athlete under the age of 18 during the test procedures.
- You are taking the test unsupervised (at home) and should identify yourself as “Medina High School” on the drop down menu.
- Initially, you will be directed to a series of health history questions that you will need to answer before taking the test. Please answer all questions as honestly as possible.
- Follow the test instructions carefully. Missing key instructions or not giving the test your full attention will affect your results.
- Put in your best effort. This is a hard test. No one gets everything right, so don't get frustrated. It is NOT a pass/fail test.
- If you become confused about the directions, keep trying to do your best.
- **The test will take approximately 20 to 30 minutes to complete. To ensure the most accurate results turn off ALL music, cell phones, TVs or other background noises while taking the test. These things can potentially interfere with your ability to answer clearly.**
- Notify the certified athletic trainer at your school if you have any problems and/or questions regarding the test or if you were unable to complete the test.

ImPACT Log-in Directions

1. Open an internet connection using a Chrome or Firefox search engine and enter www.impacttestonline.com/testing in the search box.
2. Enter the Customer Code: **BRQMY9GPL7**
3. This should take you directly to the test.