

ImPACT Aktivare

ImPACT Baseline Concussion Testing in our School District

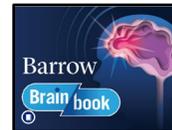
Our School District offers ImPACT testing for athletes, with particular focus on high-risk, contact sports like football, soccer, wrestling, and cheer. Testing is typically done every other year or annually, depending on the school.

ImPACT is an objective tool that supports trained healthcare providers in making sound return-to-activity decisions following concussions. It's a computerized test that measures memory, attention span, and visual and verbal problem-solving skills. The test serves two primary purposes: a baseline test is conducted before the season to measure the athlete's performance, and in the event of an injury, a post-injury test is administered and compared to the baseline and/or normative data scores. While ImPACT is a valuable tool in concussion management, it is not a substitute for a medical evaluation or treatment. Baseline tests are typically conducted before the start of the season, and follow-up tests are available if a concussion is suspected. Testing dates and locations are coordinated by the athletic department.

ImPACT Testing vs Barrow Brainbook: What's the Difference?



VS



ImPACT is a distinct tool from Barrow Brainbook, which is an online resource designed to educate athletes, parents, and coaches about concussion awareness and safety. While ImPACT is a computerized neurocognitive test used to assess changes in cognitive function before and after a concussion, Barrow Brainbook provides educational materials to help understand the risks, symptoms, and proper management of concussions. Each serves a different purpose in concussion management and prevention.

ImPACT Test Instructions

Please make sure of the following before continuing your test:

- The test environment must be quiet and distraction-free, no phones, headphones/earbuds, or other devices. Turn off anything that may produce background noise. Make sure those around you are aware of the need for a quiet environment, or choose a location where you can be in a calm, uninterrupted space.
- Sit comfortably at a table or desk with a flat, hard surface.

- All other programs and browser tabs should be closed.
- If you have any popup blockers they must be turned off for the test
- An external mouse, a trackpad must be used throughout the exam. Do not use a touchscreen.
- You must complete the test in a single attempt in less than 45 minutes
- Other than the initial demographic section, do not ask anyone to help you with your performance during the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.

Minimum Computer Requirements

ImPACT is designed to be administered on any laptop or desktop computer that has a color monitor and a pointing device such as mouse or trackpad. Do not use a touchscreen. The test is delivered as a web application thus it requires a modern web browser and a reliable Internet connection.

If you have a pop-up blocker installed you must turn it off for the duration of the test

Ensure that you're using a compatible browser (like Chrome, Firefox, or Safari)

Test Modules

The test will begin by asking you background questions called the “demographic” section. There are 6 test sections called “modules.” These include word memory, design memory, reaction time, and matching colors, words, letters, and symbols.

Take your time to read each section’s instructions very carefully.

1. Open web browser and go to the website: impacttestonline.com/testing
2. Enter customer code: **G7FFHDNMGZ** and click validate



The screenshot shows the ImPACT Applications, Inc. logo at the top, which includes a stylized head with a brain. Below the logo, the text reads "ImPACT APPLICATIONS, INC.". Underneath, there is a prompt: "Please enter your Customer Code:". A text input field contains the code "G7FFHDNMGz", and a blue "Validate" button is to its right. Below this, the text "Arizona Interscholastic Association" is displayed. At the bottom, there is a dropdown menu with the text "Select an organization" and a downward arrow.

3. Find Your School and click launch test



4. Select test language

Select test language:

English ▼

Next

5. Fill in all fields with the required information and click “Next”.

First Name: Last Name:

First Name Last Name

Date of Birth:

▼ ▼ ▼

Sex: Gender Identity:

Male Female ▼

Pointing Device:

Mouse Trackpad iPad

Back Next

6. Select your responses and click “Next.”

Have you ever been diagnosed with attention deficit disorder or hyperactivity?

No Yes

Have you ever been diagnosed with a learning disability?

No Yes

Have you had a concussion in the last 6 months?

No Yes

Back Next

7. Select your years of education. (Freshman= 8; Sophomore= 9; Junior= 10; Senior= 11).
Select your responses and click “Next.”

Years of education completed excluding kindergarten
(e.g. high school senior = 11, college freshman = 12)

Check any of the following that apply:

No Yes Received speech therapy

No Yes Attended special education classes

No Yes Repeated one or more years of school

While in school, what type of student were/are you?

Below Average Average Above Average

8. Select your current sport
- If competing in more than one sport, choose the current sport you are about to compete in or try out for.
 - For current position/event/class, type in your position (quarterback, forward, 1st base, etc.) or if unsure or multiple positions, type in “athlete.”
 - For current level of participation, select the appropriate level e.g., junior high, high school
 - For years of experience, select the appropriate number (for example, if this is your first year playing in this sport you would select 0).

Enter your responses and click “Next.”

Current sport:

Current position/event/class:

Current level of participation:

Years of experience at this level (please approximate if uncertain, and do not include current year; e.g. high school senior = 3)

9. Select the number of times diagnosed with a concussion, if any, and exclude current concussion, if any. If you have never had a concussion, please select 0.

Number of times diagnosed with a concussion (excluding current injury)

- These items will only appear if you select that you have been diagnosed with a concussion. Select the appropriate responses for each line. For combined number of games, use your best estimated guess if you missed games as a result of your concussion(s). Click “Next.”

Number of concussions that resulted in loss of consciousness

Number of concussions that resulted in confusion

Number of concussions that resulted in difficulty remembering events occurring immediately after injury

Number of concussions that resulted in difficulty remembering events occurring immediately before injury

Combined number of games missed as a direct result of all concussions

10. Select the appropriate responses for each line. Click “Next.”

Indicate whether you have been treated for the following:

Headaches by physician

Migraine headaches by physician

Epilepsy/seizures

Brain surgery

Meningitis

Substance/alcohol

Psychiatric condition (depression/anxiety)

11. Select the appropriate responses for each line. Click “Next.”

Have you ever been diagnosed with any of the following conditions?

Dyslexia

Autism

Have you participated in any strenuous exercise and/or exertion in the last three hours?

12. Select the date of your last concussion, if any. If unknown, select the closest estimate. If no prior concussions, leave blank.

- Select the “hours of sleep last night.”
- List any current medication(s) you are taking, including over-the-counter medications such as Tylenol, Advil, etc.

Date of last concussion:

Hours of sleep last night (approximate if uncertain):

Current medication(s):

13. You will now see several pages of symptoms and conditions. Select the appropriate responses you are currently feeling and click “Next” when done with each page.

Current Symptoms and Conditions - Page 1

Please select the box below that indicates the degree to which you are currently experiencing the following symptoms:

Headache
0 1 2 3 4 5 6

Vomiting
0 1 2 3 4 5 6

Nausea
0 1 2 3 4 5 6

Balance problems
0 1 2 3 4 5 6

Dizziness
0 1 2 3 4 5 6

Trouble falling asleep
0 1 2 3 4 5 6

0 = Not experiencing this symptom
1 = Barely noticeable
6 = Worst I have ever experienced

Next

Current Symptoms and Conditions - Page 2

Please select the box below that indicates the degree to which you are currently experiencing the following symptoms:

Fatigue
0 1 2 3 4 5 6

Sleeping too much
0 1 2 3 4 5 6

Sleeping too little
0 1 2 3 4 5 6

Sensitivity to light
0 1 2 3 4 5 6

Drowsiness
0 1 2 3 4 5 6

Sensitivity to noise
0 1 2 3 4 5 6

0 = Not experiencing this symptom
1 = Barely noticeable
6 = Worst I have ever experienced

Back

Next

Current Symptoms and Conditions - Page 3

Please select the box below that indicates the degree to which you are currently experiencing the following symptoms:

Irritability
0 1 2 3 4 5 6

Feeling nervous
0 1 2 3 4 5 6

Sadness
0 1 2 3 4 5 6

Feeling emotional
0 1 2 3 4 5 6

Numbness or tingling
0 1 2 3 4 5 6

Mentally 'foggy'
0 1 2 3 4 5 6

0 = Not experiencing this symptom
1 = Barely noticeable
6 = Worst I have ever experienced

Back

Next

Current Symptoms and Conditions - Page 4

Please select the box below that indicates the degree to which you are currently experiencing the following symptoms:

Feeling too slow
0 1 2 3 4 5 6

Difficulty concentrating
0 1 2 3 4 5 6

Memory problems
0 1 2 3 4 5 6

Visual problems
0 1 2 3 4 5 6

0 = Not experiencing this symptom
1 = Barely noticeable
6 = Worst I have ever experienced

Back

Next

14. When completed with “current symptoms and conditions,” the test will start. Follow the instructions when given and complete the test in the 45-minute time limit.
15. Upon completion of the test, you should see a confirmation screen. Save your confirmation as you will need to upload this to your Aktivite/Register My Athlete profile.
 - Save the confirmation as a PDF.
 - Email the confirmation to your email
 - Take note of your ImPACT Passport ID
 - ImPACT Passport ID is a unique 12-digit code
 - ImPACT clinical providers use this to access test results

ImPACT[®] Completion Confirmation



Name:	confirmation test	
Date of Birth:	Nov 20, 1999	
Test Type:	Baseline ++	
Test Date and Time:	Jul 15, 2022 02:58:16 pm EDT	
Confirmation ID:	H_ADF907FE61CE46408A39E68C1C4630C717F36BB87C9A47DBB04D5B AB6FF52096	

Your Passport ID^{*}: **FTD8-U8SC-RBM5**

**Due to the clinical nature of ImPACT, only a trained care provider can view your scores. They can access your clinical report by using your unique ImPACT Passport ID. Scan the QR code above with the ImPACT Passport app, available in the Apple App Store or Google Play Store, to record your ImPACT Passport ID and find a concussion care provider when needed.*

Print this Confirmation

Save as PDF

Email this Confirmation

Common Testing Errors and Fixes

Common Testing Errors and Fixes



“Assessment Suspended”

- Built-in time out feature

Test will not launch

- Check for any windows behind your browser
- Disable pop-up blocker

Common Testing Errors and Fixes



Freezing

- Close programs running in the background
- Internet connectivity
- Outdated internet browser

support@impacttest.com

877-646-7991 Ext. 3

7am to 7pm CST / CDT

