



ImPact Concussion Baseline Test Instructions

Dear Student Athlete,

If you are receiving this, it is because you need to take the ImPact baseline concussion test. For those of you who are not familiar with the ImPact, it is a computerized test that assesses one's focus, concentration, reaction time, and other cognitive abilities. We utilize this tool in the return to play decision should you ever sustain a concussion throughout the school year.

This test needs to be completed before the first official practice of your first sport season of the school year. You will only need to take it once per year. In order to take this test, you will need a computer or laptop, Wi-Fi, a quiet room where you can focus, and about 45 minutes of uninterrupted time.

Things you need to know before you start:

- **IF YOU BELIEVE YOU HAVE SUSTAINED A HEAD INJURY AND HAVE YET TO BE EVALUATED FOR IT, STOP. DO NOT TAKE THE TEST AND SEE THE ATHLETIC TRAINER AND/OR YOUR DOCTOR AS SOON AS POSSIBLE.**
- Please take the test in a quiet room, with no music, tv, headphones or other distractions.
- When you begin the test, read all instructions very carefully.
- If you are using a laptop without an external mouse, select trackpad and not mouse.
- When prompted to enter your name, please use your full name as it appears in Genesis, **NO NICKNAMES.**
- When the test asks you if you want to either "Enter Additional Demographics" or "Skip Additional Demographics" you may **skip** them.
- When you are finished with the test, a confirmation page will appear that asks if you would like to print or email the confirmation. You do not need to do either, and this is the end of the test.

Instructions:

- Open Google Chrome (if you use a different browser, you will need to turn off the pop-up blocker first)
- Type in the following URL in the address bar: **impacttestonline.com/schools**
- Enter the code: **N4RPVL3CIG**
- Click Validate, and you should see "Monmouth Regional High School" appear
- Launch Baseline Test