

HRMS ImPACT Baseline Test Instructions

What is it and why do student-athletes need to complete it?

ImPACT stands for immediate post-concussion assessment and cognitive testing. You take the test on a computer, and it takes about 20 minutes. ImPACT tests your verbal and visual memory and your brain processing and reaction time. Concussion baseline testing looks at how your brain functions in a normal, healthy state. At the end of the test, you get a score. ImPACT doesn't diagnose a concussion. Instead, doctors use it as a tool to help manage concussions. If you suffer a concussion, having a baseline score to compare against helps your doctor decide:

- How to treat you.
- What you need to do to get better.
- When it's safe for you to return to your sport.

This assessment must be completed PRIOR to tryouts. Without it, you will not try out until it is completed.

Instructions:

1. Go to www.impacttestonline.com/testing
2. Make sure to use a mouse or the test will come back invalid.
3. Enter customer code for Harmony Middle School: **69KTM86HPO** (last digit is a letter, not a number).
4. You can enter or skip demographics.
5. Read all instructions carefully and multiple times before taking the test. Scores are a result of accuracy, time and correctness. DO NOT RUSH.
6. At the end, you do NOT need to email it to yourself or print a copy for the Athletic Director. Just exit the website and/or log off.