

## **ImPact Test Instructions**

ImPact baseline tests provide a baseline for concussions, so if a head injury is suspected we can do a Post-Injury test and compare. This does not diagnose concussions. ImPact test scores are good for two years, so we typically test freshmen, juniors, and transfer students each year.

### **Important notes:**

- Make sure your computer has a mouse- it makes the test much easier to complete. If you would like to set up a time to do the ImPact baseline test using a school computer with a mouse, please email [mclark@performanceptri.com](mailto:mclark@performanceptri.com) to schedule.
  - The test takes about 20 minutes. The test should be completed in a quiet area with no distractions. Phones should be on silent or off during the duration of the test.
  - Ideally, this test will be completed before you do any physical activity for the day, such as the gym or sports practice.
  - When prompted to “Enter additional demographics” or “skip additional demographics,” **click enter additional demographics.**
    - When entering years of education completed and years competing at current level, it is not counting this year. So freshmen=0, sophomores=1, juniors=2, seniors=3.
1. Click the following link, or go to [www.ImpactTestOnline.com/Testing](http://www.ImpactTestOnline.com/Testing)
  2. Enter code: **T4DSHZKQQ3**
  3. Click Validate and then Click Launch Baseline Test
  4. When Test ends, enter your school or personal email address in the lower right-hand corner and email confirmation to yourself.
  5. Close the ImPact program