

At-Home ImPACT Baseline Concussion Test

Baseline ImPACT testing can be done on a laptop or desktop computer and can be taken at any time of the day (prior to practice or suggested to wait at least 3 hours follow physical activity). Be sure to allow yourself plenty of time (allow for about 30 minutes), take your time, and make sure to read the directions carefully. Below are some general instructions as it should be pretty easy to get set up and get through it:

Before starting the test, make sure of the following:

- Your computer/laptop is plugged in
- Pop-up blockers are turned off and internet is up to date
- Test environment is quite and distraction free
 - Cell phones and other devices are turned off or away from testing area
 - Sitting at a table or desk
- You are well rested and treat it like a normal school exam
- All other browser tabs and programs are closed
- Use an external mouse if possible (scroll/mouse pad on laptops are ok to use if you do not have a mouse)
- Test must be completed in one sitting, with no pauses or breaks.

Starting the test:

www.impacttestonline.com/testing

Enter in the WHS customer code: **N63E2MR3G8**

Click “Validate”-Summit Orthopedics will appear in bold letters with a drop down box

Next, select **Woodbury High School** and hit “Launch Baseline Test”

-Test will then begin

- The first portion is all background information including questions about yourself, sport participation, concussion history, and then followed by a current symptoms questionnaire.
 - Hit the “ENTER ADDITIONAL DEMOGRAPHICS” when you come to it
 - Answer these to the best of your ability and symptoms based off how you feel in that exact moment.
 - It will then prompt right into the actual ImPACT exam.

After you have completed the test:

- It was said you have completed the baseline test and can send yourself a confirmation email for your records that includes your Passport ID in case you would ever need it outside of WHS activities
- Close out of the browser and you are done!

If you have any questions or issues arise, please contact Sara Rock, WHS Athletic Trainer, at srock@summitortho.com.