

# ImPACT TESTING

(For Spring 2019)

Day	Date	Time	Location	Team
Monday	3/4/19	2:30pm	HS Media Center	Girls Crew
Monday	3/4/19	3:30pm	HS Media Center	Boys Crew
Monday	3/8/19	2:30pm	HS Media Center	Baseball
Monday	3/11/19	2:30pm	HS Media Center	Girls Lacrosse
Monday	3/11/19	3:30pm	HS Media Center	Boys Lacrosse
Tuesday	3/12/19	2:30pm	HS Media Center	Softball & Girls Tennis
Tuesday	3/12/19	3:30pm	HS Media Center	Golf & Boys Tennis
Wednesday	3/13/19	2:30pm	HS Media Center	Girls Outdoor Track & Field
Wednesday	3/13/19	3:30pm	HS Media Center	Boys Outdoor Track & Field
Tuesday	3/26/19	2:30pm	MS Media Center Lab	Middle School Baseball
Tuesday	3/26/19	3:30pm	MS Media Center Lab	Middle School Softball
Wednesday	3/27/19	2:30pm	MS Media Center Lab	Middle School Girls Outdoor Track
Wednesday	3/27/19	3:30pm	MS Media Center Lab	Middle School Boys Outdoor Track

If you have any questions, please contact Sammee Ward, Athletic Trainer, [wards@region18.org](mailto:wards@region18.org)

## What is ImPACT?

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most scientifically validated computerized neurocognitive test used by more than **7,400 high schools and 1,000 colleges and universities** to help evaluate and manage suspected concussions. Since 2006, over 7.5 million individuals have taken the ImPACT test.

### ImPACT comes in two forms:

1. **Baseline Test** – Administered by a physician, nurse, athletic trainer, athletic director, or coach before the start of a sport season, school year, or other activity. Baseline scores are collected and stored on our HIPAA compliant server. ImPACT recommends re-administering the baseline test every two years.
2. **Post-Injury Test** – Administered by a licensed healthcare provider when a concussion is suspected. Test results are compared to baseline scores and/or normative data scores as part of a healthcare provider's assessment of the injury. Multiple post-injury tests may be given to an individual during the course of treatment and rehabilitation.

### Here's How ImPACT Works:

- 25-minute computerized, online test for ages 12-59
- Delivered via a secure web portal
- Taken via a desktop computer (PC and Mac compatible) that has an internet connection and a mouse
- Administered in the presence of a physician, nurse, athletic trainer, athletic director, or coach (only a licensed healthcare provider can administer an ImPACT post-injury test)
- Results interpreted by a licensed healthcare provider

### What does ImPACT measure?

The test tracks a student's symptoms and measures multiple aspects of cognitive functioning, including attention span, working memory, sustained and selective attention time, non-verbal problem solving, and reaction time.