

Hunterdon Central Regional High School - ImPACT Concussion Testing

The ImPACT Test

ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is a software tool used in many professional, collegiate, and high school sports programs across the country, to recognize and better manage concussion injuries. ImPACT has been scientifically validated through over 15 years of university-based research. The ImPACT exam takes about 25 minutes and is non-invasive to complete. A baseline ImPACT exam will provide normative measurements of the brain's cognitive abilities such as memory, reaction time, processing speed, and concentration.

The results of the baseline ImPACT scores are collected and stored by our athletic trainers and physician. If an athlete experiences a head injury or concussion during the season, he/she will be re-evaluated by one of our athletic trainers at school and the results will be compared to the preseason baseline data. Doing this allows the athletic trainers and physicians to determine the athlete's neurocognitive status, along with separate physical and neuromuscular exams, to determine when it is safe for the athlete to return to active sports.

The baseline ImPACT exam is **NOT** a pass/fail exam. The baseline ImPACT exam will provide the athletic trainers and physicians with how your brain functions on a normal basis so comparisons can be made if a head injury is sustained as functionality of the brain may depreciate due to the head injury.

Who needs to take the ImPACT Test

One baseline ImPACT exam is valid for two years (unless a concussion is sustained – then a new baseline exam will be needed). The following individuals must take the ImPACT exam to ensure one baseline exam is taken every two years:

- Freshmen
- Juniors
- Any new students to Hunterdon Central Athletics who has not taken a baseline ImPACT in the past two years
- Any student who suffered a concussion during the previous school year

How to complete the ImPACT test

1. Set aside 30 minutes in a quiet room with no distractions to take the test
2. No headphones or cell phone use during the test
3. Turn off any televisions, radio, or anything else that can produce background noise. **AVOID ALL INTERRUPTIONS**
4. You must use a standard external mouse. You may not use a finger mouse pad (ie: laptop mouse), a Track Mouse, or anything other than a standard mouse
5. Read the directions carefully
6. Do not allow others to take your test – this baseline exam is intended to measure your brain's normal ability.
7. Do not write answers down – this will provide inaccurate baseline scores
8. Google Chrome is not a supported browser for the ImPACT test, please use Internet Explorer 6.0 and above, or Firefox 1.5 or above, Safari for the MAC running OSX 10.2 and above
9. You must have Macromedia Flash Player 10.0 or newer. You can download Flash Player at www.adobe.com
10. If you are running Windows 7, make sure power management is set to High Performance - otherwise performance will be slowed, negating test scoring.
11. To take the baseline test log on to the following website: www.impacttestonline.com/schools
12. Please select "New Jersey" from the drop down menu and then click "Launch Baseline Test"
13. Enter Hunterdon Central's security code: **5260169296**
14. Click "Launch Baseline Test." Be sure your pop-up blocker is turned **off** as the Baseline Exam will appear in a pop-up window.
15. Results will automatically be sent to the Hunterdon Central database for review. Once reviewed, the Genesis account will be updated by HC's staff.

A student athlete will not be allowed to participate in any activity in conjunction with Hunterdon Central Athletics unless a baseline ImPACT evaluation has been completed within the past 2 years.

If you have questions about the ImPACT program, please contact our Athletic Trainers:
Jeff Paszkewicz at 908-284-7131 or Jenna Daily at 908-284-7214.