

MANDATORY IMPACT CONCUSSION BASELINE TESTING FOR ALL ATHLETES

As you know, all students interested in participating in the sports and /or cheerleading programs must complete a physical prior to activity. At WMMHS, we also require each athlete/cheerleader to obtain a baseline score on the ImPact test for concussion management. This test is a computerized one that scores reaction time, memory, recall, and processing speeds. **A baseline test will be obtained once during the freshmen year and once during the junior year. It does not need to be re-taken every season.** The test will only need to be re-administered if the student athlete suffers a head injury during the season. The results of this test will be one piece of a puzzle that will be used to clear an athlete for activity. This does not replace the care of a physician, but does assist in the return to play decision. No one wants to see an athlete return to activity before he/she is ready.

This test must be completed at least 3 weeks prior to the start of practices. Please complete this test no matter what sport you would like to participate in. The names will be compared to the physical clearance list and checked off so the students will be cleared for activity. You can take the test at home. Once you have completed the test, the results will be sent to a special website that the athletic trainer will be able to reference.

The most important part of the test is to follow the directions and pay attention. If you do not pay attention or try to lower your score on purpose your test scores will come up invalid and you will have to take the test again. There is no pass or fail, but results are compared to national norms for specific age groups, so try your best. This is not an easy test, but realizes it is a baseline only. Do not worry if you see the word "incorrect" come up when answering questions. **Just do your best!**

To take the test, you must have a computer with an external mouse. If you are using a laptop make sure it is plugged in so the battery does not die while taking the test. The entire test should take approximately 45 minutes. The room must be quiet. **No radios, talking, texting, phone calls, etc.** The test is timed, if something diverts your attention you will probably get an invalid score.

To take the baseline test go to www.impacttestonline.com/schools. **The ID code for WMM is 9FDA94B402** . This site is for a baseline only. **Do not go** to this site again after taking the test. All post injury tests will be done with the athletic trainer on another site.

Some helpful hints:

- Make sure you choose West Morris Mendham as your school from the drop down menu, not West Morris Central.
- For the number of years of education, answer 8 for freshmen and 10 for juniors .
- If you have not suffered from a recent concussion, your response for each symptom question should be zero or not experiencing at this time.
- Do not log off until you see the words: THANK YOU after "saving data"

REMEMBER: FOLLOW THE DIRECTIONS!!!!!!!!!!

If you have questions, contact Victor Kutovy, Athletic Trainer at Vkutovy@wmrhsd.org