

BASELINE ImPACT TESTING

SPRING 2019

The ImPACT test is a computer based neurocognitive test that evaluates how the brain functions; it will test your memory, reaction time and motor speed. This baseline measure is **REQUIRED** prior to participation in athletics at The Woodstock Academy and must be taken at least once annually per school year for sports deemed "contact." Post-injury scores will be compared to baseline scores in order to make appropriate return to play decisions should you sustain a concussion during your participation in athletics.

BASELINE ImPACT TESTING DUE DATES FOR SPRING 2019

Baseball Pitchers & Catchers Friday, March 8th

Girls Lacrosse: Friday, March 15th

Baseball (All): Friday, March 15th

Boys Lacrosse: Saturday, March 16th

Softball: Friday, March 15th

TECHNICAL REQUIREMENTS:

- Testing needs to take place in a quiet, distraction free environment (*TURN OFF ALL CELL PHONES*)
- Testing requires the use of an external mouse; *DO NOT USE TOUCH PAD ON LAPTOP*
- Ensure that computer/laptop is plugged in so you don't lose power during the test
- Close all other applications on the computer while you take this test
- Computer/Laptop requires: Adobe flash player 10.0 or higher, turn off pop-up blocker, test work best on Google Chrome

TESTING INSTRUCTIONS:

1. Open up your internet browser (internet explorer preferred)
2. Type in the following web address: <https://www.impacttestonline.com/testing>
3. Enter the following customer code (not case sensitive): **sgf2jc9uqn**
4. Select "Verify" (it looks like you may have made a mistake, by you just need to select "Launch Baseline Test")
5. Follow on screen instructions to complete demographic information, symptom scores and testing modules
DO NOT CLOSE THE TESTING WINDOW UNTIL COMPLETION IS CONFIRMED
6. Upon completion of the test do the following:
 - a. Print test receipt - *OPTIONAL* (IF YOU WOULD LIKE A COPY FOR YOUR RECORDS)
 - b. Email test receipt/test results to your personal/school e-mail
 - c. Forward confirmation email to calves@woodstockacademy.org

TAKE THIS TEST SERIOUSLY, INVALID RESULTS (due to lack of effort or distraction filled environment) WILL REQUIRE YOU TO TAKE THE TEST AGAIN; AS A REMINDER FAILURE TO COMPLETE THE BASELINE TEST BY THE SPECIFIED DUE DATE WILL RESULT IN YOU BEING INELIGIBLE TO TRY-OUT FOR YOUR SPORT.

Please contact me with questions or concerns; IF YOU DO NOT HAVE THE MEANS TO TAKE THE TEST PLEASE LET ME KNOW ASAP AND WE CAN ARRANGE A DATE FOR TESTING AT WOODSTOCK ACADEMY.

Bobbie-Jo Saucier
Director of Health Services
bsaucier@woodstockacademy.org

Christopher Alves
Head Athletic Trainer
calves@woodstockacademy.org