

ImPACT Test Baseline Instructions 2022-2023

Questions or problems? Contact Meredith Swayne (swaynem@cfbisd.edu) or Melissa Davis (davismel@cfbisd.edu)

Those to be mandatorily tested:

Juniors - Class of 2024

Freshmen - Class of 2026

Any student-athlete diagnosed with a concussion in 2021-2022

This test can be taken on any **computer** with the internet. It takes approximately 45 mins from logging on to completion. **The tester needs to be fully awake and has NOT completed strenuous exercise and/or exertion in the last 3 hours.**

Be sure the environment is distraction-free - no television, no phone, no music, no AirPods or headphones, no other people in the room.

Step 1

Go to: <https://www.impacttestonline.com/htmllauncher/>

Use this Access Code: **EU78AZPPW3**

Step 2

Select **RL Turner HS** as your organization

Launch Baseline Test

Step 3

Select the language you speak, read, or write most often

Step 4

FOLLOW THE INSTRUCTIONS AS LISTED.

TAKE THE TEST IN A QUIET, DISTRACTION-FREE ENVIRONMENT.

Step 5

Complete the demographics sections to the best of your ability.

If completing the test on your CFB Chromebook without a mouse, select Trackpad.

Step 6

Answer the yes/no questions to the best of your ability. If you have questions about what they are asking, email Coach Swayne (swaynem@cfbisd.edu) or Coach Davis (davismel@cfbisd.edu).

Step 7

Select: Enter Additional Demographics

Complete this section to the best of your ability

Step 8

Complete the demographics to the best of your ability

Years of education completed

Class of 2022 - 11

Class of 2023 - 10

Class of 2024 - 9

Class of 2025 - 8

Step 9

What sport is the first sport you will play?

What position is your primary position in that sport? For track, which event? For wrestling, what is your weight class?

Are you a varsity or JV player?

Years of experience =

You have never played a high school sport = 0 years of experience

You played JV last year = 1 year of JV experience

You played varsity last year = 1 year; you have played varsity for the past 2 years = 2 years; etc
You

Step 10

If you have had a concussion, select the number of concussions that have been diagnosed by a doctor.

If you have not had a concussion diagnosed by a doctor, select 0.

Step 11

Answer the yes/no questions to the best of your ability. All medical conditions must have been diagnosed by a doctor for a "yes" answer to be selected.

Step 12

Symptoms - when recording your symptoms, complete them AT THE MOMENT YOU ARE COMPLETING THE QUESTION.

0 - Not experiencing this symptom at all at that moment

1 - Barely noticeable at that moment

6 - The worst you have ever felt at that moment

For example, you are asked if you have a headache.

This means: Do you have a headache at that moment? This ***does not*** mean: Do you get a headache during a certain part of the day?

Step 13

Complete each section of the test to the best of your ability. You want your reactions to be both fast and accurate. Having fast reaction times is just as important as being accurate. Being accurate is just as important as having fast reaction times.

Step 14

Once you have completed all portions of the test, **enter your school email twice and email a testing confirmation to yourself**. Save this confirmation.