ImPACT Concussion Baseline Testing

The ImPACT test is a neurocognitive test that objectively measures your verbal memory, visual memory, and reaction time. This test will serve as a baseline measurement of yourself. In the event that you sustain a head injury this will serve as an additional tool to help the sports medicine team determine if you have a concussion as well as readiness to return to play. Please review the test taking instructions prior to starting the test.
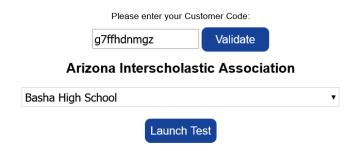
Impact Testing Instructions

To ensure a valid test, please follow these instructions. It is very important that you are able to fully concentrate during the entire test. *Poor performance will result in an invalid test and will require a retake!*

►Set aside 30 minutes in a quiet room with no distractions to take the test.

►No headphones or cell phone use during the test. Turn off any televisions, radio or anything else that can produce background noise.

►Tell siblings and family members about the importance of the test to avoid interruptions or distractions.

►Note the test will begin by asking you background questions called the "demographic" section. There are 6 test sections called "modules." These include word memory, design memory, Xs and Os, symbol match, color word match and three letters.

►Take your time to read each section's instructions very carefully. Each module is self-explanatory. It is common to perform the color word match module incorrectly, please read that section's instructions thoroughly.

►Other than the initial demographic section, do not ask anyone to help you with your performance during the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.

►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.

►Minimum computer requirements:
A. Make sure you are using Internet Explorer 6.0 and above or Firefox 1.5 or above and Safari for the MAC running OSX 10.2 and above.
B. You must have Macromedia FLASH PLAYER 8.0 or newer installed. You can download FLASH PLAYER at www.adobe.com

C. If you have a pop up blocker installed you must turn it off for the duration of the test.

D .Close all other programs on your computer before taking the test.

E. You need a broadband internet connection

F. The computer you use must have a mouse

►To take the baseline test, go to: www.impacttestonline.com/testing

►Enter the Customer Code: g7ffhdnmgz and click '**Validate**'

►Find **BASHA HIGH SCHOOL** and click '**Launch Test**'

ImPACT ®
APPLICATIONS, INC.

Please enter your Customer Code:

| g7ffhdnmgz | Validate |

Arizona Interscholastic Association

| Basha High School ▼ |

Launch Test

►When prompted choose: enter additional demographics

►You **DO NOT NEED** to print the confirmation at the end

►If you do not have access to the internet or a home computer that meets the above requirements, contact Trainer David Smith (Smith.david@cusd80.com) to arrange a testing time at school.

►Thank you for participating in our ImPACT Concussion Management Program