

John Bapst Memorial High School



October 2020

Dear Parent/Guardian,

John Bapst will continue to use ImPACT testing this year as a concussion management tool for our student-athletes. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a computerized neurocognitive exam that was developed by the University of Pittsburgh Medical Center's Sports Concussion Program. The ImPACT system is widely used throughout professional, collegiate, and secondary school athletics and is virtually the "Gold Standard" in concussion management.

John Bapst Memorial High School requires all students to complete a baseline assessment prior to the start of High school athletics. Incoming Juniors will retake the exam as the results expire after 24-months. Students enter their demographic information and then complete the test itself, which only takes about 30-40 minutes. The program is administered over the internet and is in a "video-game" format where students consider it to be simple mind games. The assessment's purpose is to give the brain a "pre-season physical" of its cognitive abilities and the test tracks information such as memory, reaction time, processing speed, and concentration.

If a concussion is suspected, the baseline assessment will be compared with all post-injury testing to help determine the extent of the injury, which cognitive processes are affected, and assist in determining recovery time. This information is shared between athletic training staff, school nurse and school physician so that decisions regarding academics and return to sport are appropriate and safe.

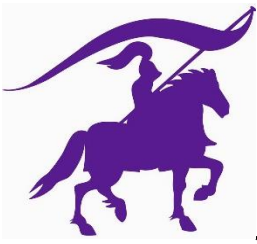
Unlike previous years, all students will self-administer and complete their baseline assessment at home prior to returning to athletics. Please see the attached instructions for computer requirements as well as instructions for how to access and complete the test at home. There is a minimum standard score established by ImPACT in order for the test to be considered valid, so all students are encouraged to complete the test as quickly and accurately as possible.

Again, the John Bapst administration, coaching, and athletic training staff continue to keep your child's health and safety at the forefront of the JBMHS athletic experience. If you have any questions or concerns regarding the ImPACT program used at John Bapst Memorial High School, please feel free to contact us.

Sincerely,

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Computer Requirements for ImPACT Testing

1. Make sure you are using one of the following internet sources. Older versions (especially Chrome) are known to interfere with the test system.
 - a. Internet Explorer 9 or above
 - b. Firefox 27 or above
 - c. Chrome 34 or above
 - d. Safari 6 or above
2. You need a broadband internet connection.
3. If you are running Windows 7, make sure power management is set to High Performance, otherwise performance may be slowed and negate test scoring.
4. You must have Adobe Flash Player 11.0 or newer installed.
 - a. To download, visit <https://get.adobe.com/flashplayer>
5. You must turn OFF a Pop-Up Blocker for the duration of the test.
6. Your browser must accept cookies.
7. JavaScript must be enabled.
 - a. To download, visit <https://www.java.com/en/download>
8. The computer must have an external mouse.
9. The computer screen must be 12 inches or larger.
10. Close all other programs before starting the test, as they may interfere with your computer and the test.

Instructions to Access and Complete Baseline ImPACT Test

1. Make sure you are performing the test in a quiet room free of distractions.
2. Open a webpage browser and go to <https://www.impacttestonline.com/testing>
3. Type in Customer Code **ENTER YOUR OWN CODE EMAILED TO YOU** then click on the Launch Baseline Test button. The test will appear in a new window.
4. Select your language. Click Next.
5. Click OK in the pop-up box.
6. Choose your units (for height/weight purposes). Click Next twice.
7. Enter name, date of birth, height, weight, gender, and handedness. Click Next.
8. Enter school address and school email address. Click Next
9. Choose native country and language. Click Next.
10. Choose ethnicity. Click Next.
11. Enter years of education completed.
 - a. Freshman = 8, Sophomores = 9, Juniors = 10, Seniors = 11
 - b. Choose any conditions you've been/are currently treated for – each must be checked Yes or No. Click Next.
12. Enter sport, position, level of participation (High School), and years of experience in high school. Click Next.
13. Enter your total number of diagnosed concussions. If none, click Next.
 - a. If 1 or more, enter additional information when prompted. Click Next.
14. Enter the dates of 5 most recent concussions (use your best guess for date). Click Next.
15. Choose any conditions you've been/are currently treated for – each must be checked Yes or No.
16. Enter date of last concussion, hours of sleep last night, and any medications. Click Next.
17. Enter score for any symptoms you're experiencing AT THIS TIME. If you are not experiencing a symptom, you must choose "0". Click Next after each page. There are 4 total pages.
18. You will be given a sample. Click Continue to complete the sample.
19. Once the sample is completed, Click Start Test.
20. Complete the test in its entirety, including an additional symptom checklist at the end.
21. Make sure you see a screen that says "Thank you for taking the test" before closing out of webpage.
22. You do not need to save your Passport ID and do not email the confirmation page.