

ALGONQUIN REGIONAL HIGH SCHOOL
ImPACT Test Instructions

DO NOT take this test if:

1. You currently have a head injury
2. You have taken this test in the 2017-2018

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

- Read all instructions before beginning the test.
- This test must be taken with an external mouse, preferable on a desktop computer. You cannot use a track pad or a finger mouse on a laptop.
- Environment must be free from distractions (No TV, cell phone, etc.).
- Inform siblings and family members about the importance of this test to avoid interruptions and distractions.
- During testing do not ask anyone for assistance or write anything down.
- You cannot PASS or FAIL this test. This test is an individualized assessment. Please take your time to read each section carefully.
- Testing time is approximately twenty minutes.

Taking the test: Read the below instructions first.

1. Make sure your browser's "**pop up blocker**" is turned off.
2. Go to the link: www.impacttestonline.com/schools
3. Select **Massachusetts** as your organization, and then select **Launch Baseline Test**.
4. Enter code: **EUD3NVT9W4** as the Customer ID.
5. Once you have entered the above code you must complete the test. DO NOT exit from the test until completed to prevent your test from being lost. If you exit from the test you have to schedule a new test.
6. Read all of your instructions before beginning the test and for each module of the test.
7. Your testing results are NOT displayed once you are finished (all results are password protected).
8. If you do not have access to the internet or do not have a home desktop that meets the above requirements contact the Athletic Department to arrange a testing time.
9. Once you have completed your test, please NEATLY print your full name, date, sport, and confirmation number on the bottom of this sheet and keep it for your records.

FULL NAME: _____

DATE: _____ SPORT: _____ CONFIRMATION #: _____

Information on ImPACT Testing Offered to all Algonquin Student Athletes

The Northborough-Southborough Regional School District is pleased to offer a neurocognitive online assessment tool (ImPACT*) that helps licensed health care providers evaluate and manage concussions. The test is offered to all students who participate in interscholastic athletics at Algonquin Regional High School. The Massachusetts Interscholastic Athletic Association, (MIAA), the governing body of interscholastic athletics in the Commonwealth fully supports ImPACT testing as a tool to be used in concussion management. The MIAA is also a member of the Massachusetts Concussion Management Coalition (MCMC) a state organization dedicated to increasing awareness and education in concussion management.

This test is not mandated for school districts in Massachusetts, nor is it mandated for student-athlete participation in interscholastic athletics. This is an optional test. Algonquin Regional High School is utilizing ImPACT* as the test provider. ImPACT is the only on-line assessment approved by the Federal Drug Administration (FDA) at this time. In addition to establishing neurocognitive performance baselines, healthcare providers may choose to use ImPACT test scores as an important component of their assessment of an injury. Here is a link to ImPACT, <https://www.impacttest.com/> which provides additional information on the provider and test itself.

The assessment measures attention span, working memory, sustained and selective attention time, non-verbal problem solving, and reaction time. If a student-athlete sustains a concussion, a physician may recommend a post-injury test for comparison with the baseline test.

For parents/students who choose to utilize this assessment tool, ImPACT recommends that a baseline test be completed prior to a student-athlete's first season of participation in athletics. It is suggested that the test be taken every other year, or twice in four years. At this time, testing is offered at no cost to the families of student-athletes of Algonquin Regional High School.

The data obtained is only one variable in determining the level of recovery from a concussion. It is necessary to consider other factors before deciding whether a student-athlete is safe to return to play. Test results are **not** used by the school, athletic department, or the athletic trainer and in no way replace the return to play protocols followed in the district's concussion policy. http://www.nsboro.k12.ma.us/files/5bCJV/2b472092ac0fd62a3745a49013852ec4/Online_document_R.pdf. The addition of ImPACT testing does not alter the initial steps *taken on behalf of student-athletes* who sustain a head injury or suspected concussion per the district's head injury and concussion policy.

*ImPACT is the official product designation of Immediate Post Concussion Assessment & Cognitive Testing.

Frequently Asked Questions

Is this test necessary in order to participate in interscholastic athletics at Algonquin Regional High School? This is not a requirement however as a district we are pleased to offer this parental healthcare provider tool in concussion management.

What are the responsibilities of the parent/guardian? The parent/guardian should ensure that the student-athlete takes the test according to the instructions provided on the ImPACT* test website. <http://www.impacttest.com/>

Who sees the test results? Parents/guardians will have access to test results. The athletic department/athletic trainer who serves as the ImPACT provider contact for the school, can also access results, upon parent/guardian request. Results are not reviewed or interpreted by any school personnel.

How is access to the results provided? Immediately after completing the ImPACT baseline test, a unique code (Passport ID) will appear on the screen. You will need this ID to access your confidential test information.

What is the cost for the ImPACT on-line test? At the current time, there is no cost to the parent/guardian/student for the initial baseline assessment. The cost for this new optional tool is included in the FY2019 Northborough-Southborough Regional School District's Athletic Budget.

How many times should an ImPACT on-line assessment be conducted? It is recommended that a student-athlete participate in this assessment twice during his/her four years (i.e., 9th and 11th grade). At the current time, there is no cost to the parent/guardian/student for the second assessment.

How does a parent/guardian/student access the test? The Algonquin Athletic Department has prepared an informative *ImPACT Test Instruction Sheet*. This sheet includes the confidential code required to begin the process. This information is available in the Athletic Director's Office or in the Algonquin Health Office.

Where can one find more information on neurocognitive assessments? More information is available by contacting the Algonquin Regional High School Health Office at 508-351-7010.