



## **LENAPE VALLEY REGIONAL HIGH SCHOOL**

**28 SPARTA RD. • STANHOPE • NEW JERSEY • 07874**

**Telephone 973-347-7600**

Dear Parent/Guardian,

Lenape Valley Regional High School utilizes an innovative concussion management program for our student-athletes. The program is called IMPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online, computerized exam that the athlete takes prior to the athletic season to obtain their baseline score.

If the student-athlete is believed to have suffered a concussion during the season, the exam is taken again and the data is compared to the baseline test. This information is then used as one of the tools to assist the athletic training staff and treating physician in making safe return-to-play decisions. **Post-concussion exams will be taken under my supervision at school.**

Founded by the University of Pittsburgh Medical Center's Sports Concussion Program, the program is used by countless colleges and high schools across the country, as well as in professional and Olympic sports such as the NFL, NHL, and the US Soccer Team. General information about the test can be found at [www.impacttest.com](http://www.impacttest.com).

The exam takes approximately 30-45 minutes to complete. The program is essentially set-up in a "video-game" type format. Neurocognitive information, such as memory, reaction time, brain processing speed, and concentration, is measured in the test. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed.

One of the reasons concussions are so dangerous is a condition called Second Impact Syndrome. If an athlete sustains a second concussion before completely recovering from the first, there can be dire consequences. At Lenape Valley, we understand the competitive nature of sports, but we always hold the athlete's health and safety as our top priority.

The baseline test is not intended to identify a present concussion. **Students who have suffered a recent concussion or have not recovered from a concussion should not take the IMPACT baseline exam. Instead please notify the athletic trainer or your physician immediately for an injury evaluation.** In addition, athletes who are experiencing fatigue, physical illness, or an injury should postpone the exam until feeling better.

If you have any questions regarding this program, please feel free to contact me.

Sincerely,

Rob Cline, MA, ATC  
Athletic Trainer

973-347-7600 x 190  
[rcline@lvhs.org](mailto:rcline@lvhs.org)

## 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 re-test!**

- Set aside 45 minutes in a quiet room with no distractions to take the test.
- **No radios, talking, texting, phone calls, etc.** Turn off anything else that can produce background noise.
- Tell siblings and family members about the importance of the test to avoid interruptions or distractions.
- The test will begin by asking you background questions in the “demographic” section. If you have not suffered from a recent concussion, your response for each symptom question should be zero or not experiencing at this time.
- There are six test sections called “modules.” Take your time to read the instructions for each module very carefully.
- 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.
- Minimum computer requirements:
  1. 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.
  2. 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.
  3. You must have Macromedia Flash Player 8.0 or newer installed. You can download Flash Player at [www.adobe.com](http://www.adobe.com) for free.
  4. If you have a pop-up blocker installed you must turn it off for the duration of the test.
  5. Close all other programs on your computer before taking the test.
  6. You will need a broadband internet connection.
- To take the baseline test go to **[www.impacttestonline.com/schools](http://www.impacttestonline.com/schools)**, select “NJ” and then click on “Launch Baseline Test.”
- Enter Customer ID Code **1D13541169**.
- Do not log off until you see the words “THANK YOU” after “saving data.” Your test results are not displayed when you are finished (all results are password protected).
- In order to maintain the integrity of our contract with ImPACT Applications only currently enrolled students may take the test. Do not let others take the test.
- If you do not have access to the internet at home or a home computer that meets the above requirements, contact Mr. Cline to arrange a testing time at school.
- **The most important part of the test is to follow the directions and pay attention.** If you do not pay attention or try to lower your score on purpose your test scores will come up invalid and you will have to take the test again. **There is no pass or fail.** This is not an easy test, but realize it is a baseline only. Do not worry if you see the word “incorrect” come up when answering questions. **Just do your best!**