

**ImPACT Neurocognitive Testing Instructions**

ImPACT is an online computerized exam that the athlete takes prior to the season. All Hebron athletes much have a current baseline on file to participate in athletics. The ImPACT baseline test is valid for 2 years.

The exam takes about 45 minutes and is non-invasive. It is giving the brain a preseason physical of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration. If a concussion is diagnosed, the test is re-taken at school with a member of the Hebron Athletic Training staff monitoring. The results of the test are reviewed by your doctor and used in conjunction with the physical and neuromuscular exam to help determine the extent of the injury and when it is safe to return to play.

**TO ENSURE A VALID TEST, PLEASE FOLLOW THE 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-TAKE.**

Minimum computer requirements:

1. Only use Internet Explorer 6.0 and above, or Firefox 1.5 or above, Safari for the MAC running OSX 10.2 and above.

2. Must have Macromedia FLASH PLAYER 8.0 or newer. You can download FLASH PLAYER at [www.adobe.com](http://www.adobe.com)

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

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

5. You need a broadband internet connection.

**INSTRUCTIONS:**

Set aside 45 minutes in a quiet room w/no distraction (NO OTHER ELECTRONICS, CELL, MUSIC ETC). The test will begin by asking you background questions call the “demographic” section. When you reach the section pertaining to rating your current symptoms (again for baseline purposes)

***Test must be taken with a MOUSE, preferably on a desktop computer***.

1. Go the [www.impacttestonline.com/benhogan](http://www.impacttestonline.com/benhogan)
2. Enter **Customer ID Code: JMGG46676W**
3. In the **“School/Organization”** box, click on the down arrow and select **“Hebron High School”**
4. Click **“Launch Baseline Test”**
5. Click **“English”** or **“Spanish”** (choose the language that is most comfortable for you)
6. **DIRECTIONS ARE LISTED AT THE BEGINNING OF EACH MODULE.**

**READ CAREFULLY. INSTRUCTIONS ARE NOT TIMED, BUT THE TESTS ARE.**

*For questions or more information, please contact the Hebron Athletic Trainers at (469) 948-2822 or via email:*

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