

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 phones used during the test. Turn off the television, radio, or anything else that can produce background noise.
- Tell siblings and family members about the importance of the test to avoid distractions or interruptions.
- This test can be taken in other languages if you do not consider English as your first language.
- Note the test will begin by asking background questions called “demographics” section. There are 6 sections called “test modules.” These include word memory, design memory, X’s and O’s, symbol match, color word match, and three letters.
- Take your time and read each section’s instructions very carefully. Each module is self-explanatory.
- 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 in memory.
- Remember this is a baseline test and may be needed to take again if norm scores are too low.
- **You MUST use a standard external mouse.** You may not use a finger mouse pad, a Track mouse, or anything other than a standard mouse.
 - **Minimal computer requirements**
 - Make sure you are using Internet Explorer, 6.0 or Firefox 1.5 or above, and Safari for the MAC running OSX www.adobe.com
 - **If you have a pop up blocker installed you must turn it off for the duration of the test**
 - Close all other programs on your computer before taking the test
 - You need a broadband internet connection
- To take the baseline test go to www.impacttestonline.com/schools (School code is **AD3DD46F39**) and click on “Launch Baseline Test”
- Make sure to select Park Ridge when asked from “School/Organization.”
- Your test results are not displayed once you are finished (all results are password protected). See the Athletic Trainer if you are interested in your baseline test.
- Please note our contract with ImPACT does not allow unlimited tests. Please do not allow others to take additional baseline tests.
- If you do not have access to the internet or a home computer that meets the requirements, contact the Athletic Trainer to arrange a testing time at school.
- Return your signed permission form to the Athletic Trainer once you have completed the test. This also includes NJSIAA concussion information and signature sheets.
- **The test must be completed BEFORE the start of the scrimmage schedule and is a mandatory component of your obligation to participate in a Park Ridge High School Athletic Team.**
- If you have any questions see the Athletic Trainer, Jaime DePinto (jaimedepinto@parkridge.k12.nj.us) or Athletic Director Mr. Brown (Chrisbrown@parkridge.k12.nj.us).