

ImPACT Sports Concussion Program

ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is currently the most widely utilized computerized concussion management program in the world. Cleveland Clinic Sports Health experts administer ImPACT testing to obtain baseline data of an athlete's symptoms, memory, reaction time, and other cognitive function.

It is required that all Keystone athletes that participate in a contact or collision sport have an ImPACT test on file. Athletes will be tested every two years. All new athletes, freshmen and junior athletes must take a baseline test. The baseline test will serve as a benchmark for cognitive abilities and concussion symptoms prior to suffering a concussion.

If an athlete sustains a concussion during the season, he or she should be evaluated by the certified athletic trainer and primary care sports medicine physician and undergo another ImPACT test within 24 to 72 hours after a concussion and before the return to competition. By comparing these results to his or her pre-season baseline data the sports medicine team can determine the severity of the concussion.

Taking the ImPACT Baseline Test

You must administer the test on a desktop or laptop computer with an internet connection and an external mouse.

Also, do not run the laptop from the battery, use the A/C connection.

Close all other programs before starting the test. If you have a pop-up blocker installed, you will need to turn it off temporarily allowing pop-ups from the site.

The test will take approximately 20 to 30 minutes to complete. To ensure the most accurate results turn off ALL music, cell phones, TVs or other background noises while taking the test.

These things can potentially interfere with your ability to answer clearly.

Open an internet connection and log onto sports-health.org (DO NOT type www.)

Scroll down and click on the "Concussion Center" tab

Click on the link to the "Visit our Concussion Center for more information"

On the menu to the left click on the "Diagnostics & Testing" tab

Scroll down and click on the "ImPACT Sports Concussion Program" tab

Click on the link "Take the ImPACT Baseline Test"

Click on the Impact Concussion Testing logo

Select "Launch Baseline Test"

Enter the code: FAE87ACC5E

This should take you to the test. You are taking the test unsupervised and should identify yourself as "Keystone High School" on the drop down menu. Please answer all questions honestly and follow the test instructions carefully. Missing key instructions or not giving the test your full attention will affect your results.