

ImpACT Testing at Shelton
2022-2023

Parents and Athletes,

We will continue to handle ImpACT testing this year for Shelton School as indicated below. ImpACT testing will continue to be done from home. If your athlete needs to take the ImpACT test (per the requirements below), weekend dates have been scheduled a few times during the school year. For future reference, the best time to take the impact test is during the summer as there are many more opportunities to take it then than during the school year.

What is ImpACT and who has to take it?

ImpACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a validated computerized concussion evaluation system. The test assists in tracking recovery of cognitive processes after an athlete receives a head injury. The test helps us establish the athlete's normal cognitive functioning that can be later used to compare to post-concussion testing.

An athlete cannot participate in a sport at Shelton without taking this test in the 6th, 8th, 10th and 12th grades (or in other grades, if new to Shelton or Shelton athletics). **Some athletes may have to take the testing two years in a row to get on Shelton's testing schedule. Again please remember, your child will not be able to participate in the tryout/practice for his/her sport until this testing is completed.**

ImpACT Test Registration and Deadlines

- there will be designated days (usually over a weekend) that the ImpACT test will be available. **You must register for a specific date to take the test** and each athlete is only allowed to register for one session at a time. The athlete will have a couple of days to take the test. The deadline will be noted in the email. The test link that is sent to your athlete is specific to your athlete. It cannot be shared with anyone else. **Please note: although the ImpACT test generated email containing the link will state you have 90 days to complete the test, this message is incorrect.**

- If the test is not taken by the deadline, the link will be de-activated and there will be a \$10 administrative charge to re-issue another test link. An email will be sent to you if this happens, with a link to pay the fee.

Testing Day Procedures

- the test must be taken on a desktop or a laptop (not a tablet, phone, etc.) and you must have access to the email where the test link was sent. **You can only click on the test link one time so please make sure you are ready to test when you click the link. Clicking on the link from an invalid device will result in a re-issue of another test link with a \$10 administrative charge.**

- if an athlete would normally take ADD/ADHD medications during the school year, it is recommended that he/she take the medication prior to taking the ImpACT test

- there should be no physical activity/exercise 2 hours prior to taking the test

- you will need a completed ImpACT worksheet to input demographic and background information (link below)

- find a quiet area so that there will not be any distractions
- using a mouse is recommended, but a track pad is acceptable if a mouse is not available
- once you start the test, it has to be completed at that time. You will not be able to stop and finish it later.

Items Required for ImPACT Testing

Print the completed ImPACT worksheet, to be used during the setup when taking the impact test.

If you have any questions about ImPACT Testing, please reach out to Kelly Hall at khall@shelton.org.