

ImPACT Testing at Shelton Summer/Fall 2020

Parents and Athletes,

Due to COVID-19, we will handle ImPACT testing this summer and into the Fall for Shelton School as indicated below. To stay in line with the CDC guidelines, testing will be done from home since we are not able to have testing sessions on campus or at the Texas Health Concussion Center right now. We encourage you to register and take the ImPACT test this summer by using the guidelines below. This must be done prior to the first day of practice/tryouts.

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

- there will be designated days that the ImPACT test will be available. **You must register for a specific day to take the test** and each athlete is only allowed to register for one session.
- the day before your scheduled test, an ImPACT test link will be sent to the designated email address you specified at registration. This link is specific to your athlete. **Please note: although the ImPACT test generated email containing the link will state you have 90 days to complete the test, your code will be de-activated after 48 hours if not used (Ex. Registration for a Monday test will expire at midnight on Tuesday).** For any de-activated test link, there will be a \$5 administrative charge to re-issue another test link so please make sure the athlete can take the test within the timeframe given.
- to have a testing link re-issued, please contact khall@shelton.org.

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 at the \$5 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.

Click [here](#) to register for the ImPACT Test.

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