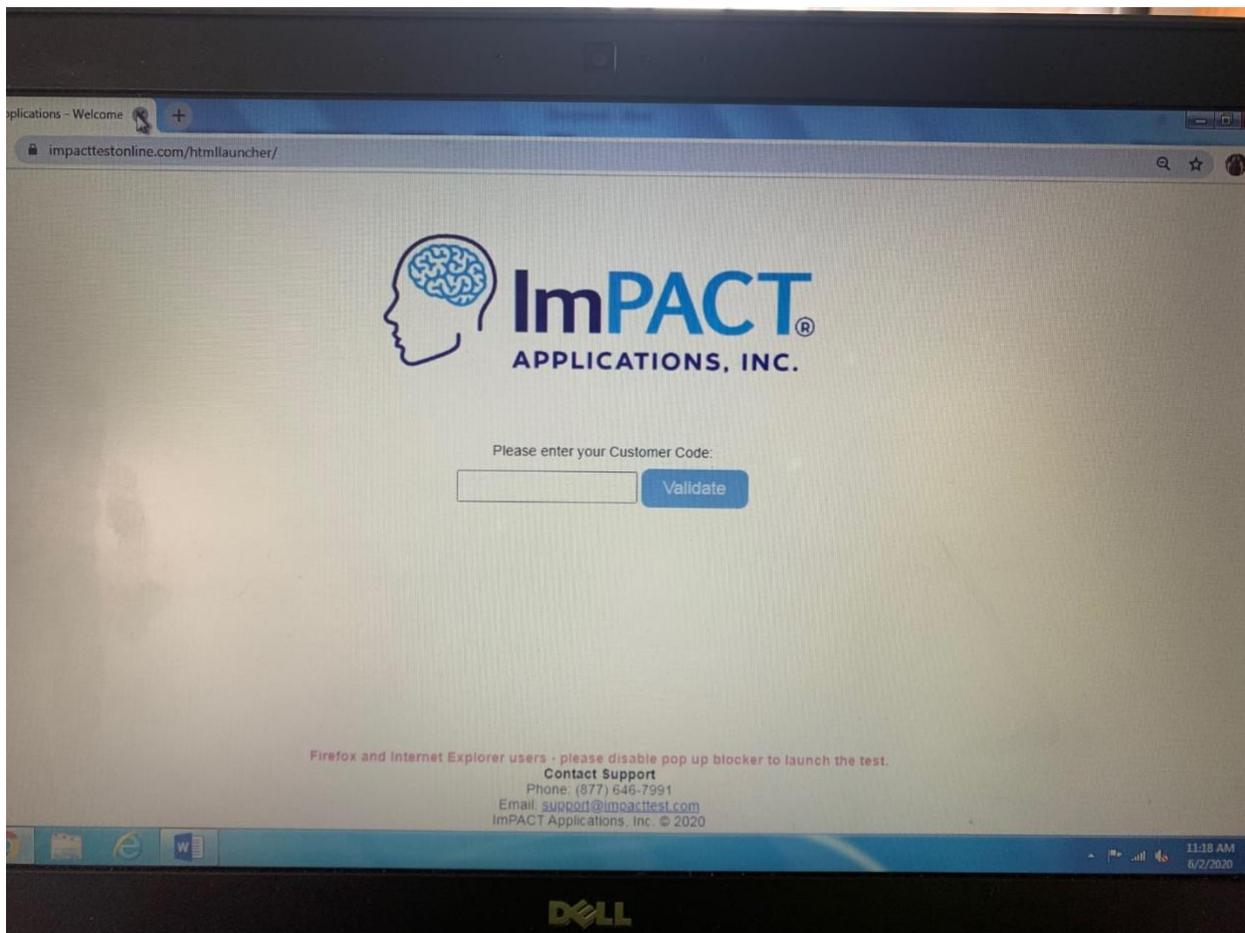


## Impact Testing Instructions

- First, please make sure you are in a quiet spot where you can concentrate. This means no TV, music, cell phone or background noise is around to disrupt you. Please make sure you are using a laptop or a desktop computer. Your computer will need a mouse, although it is not necessary.
- Please proceed to the following website:

<http://www.impacttestonline.com/testing>

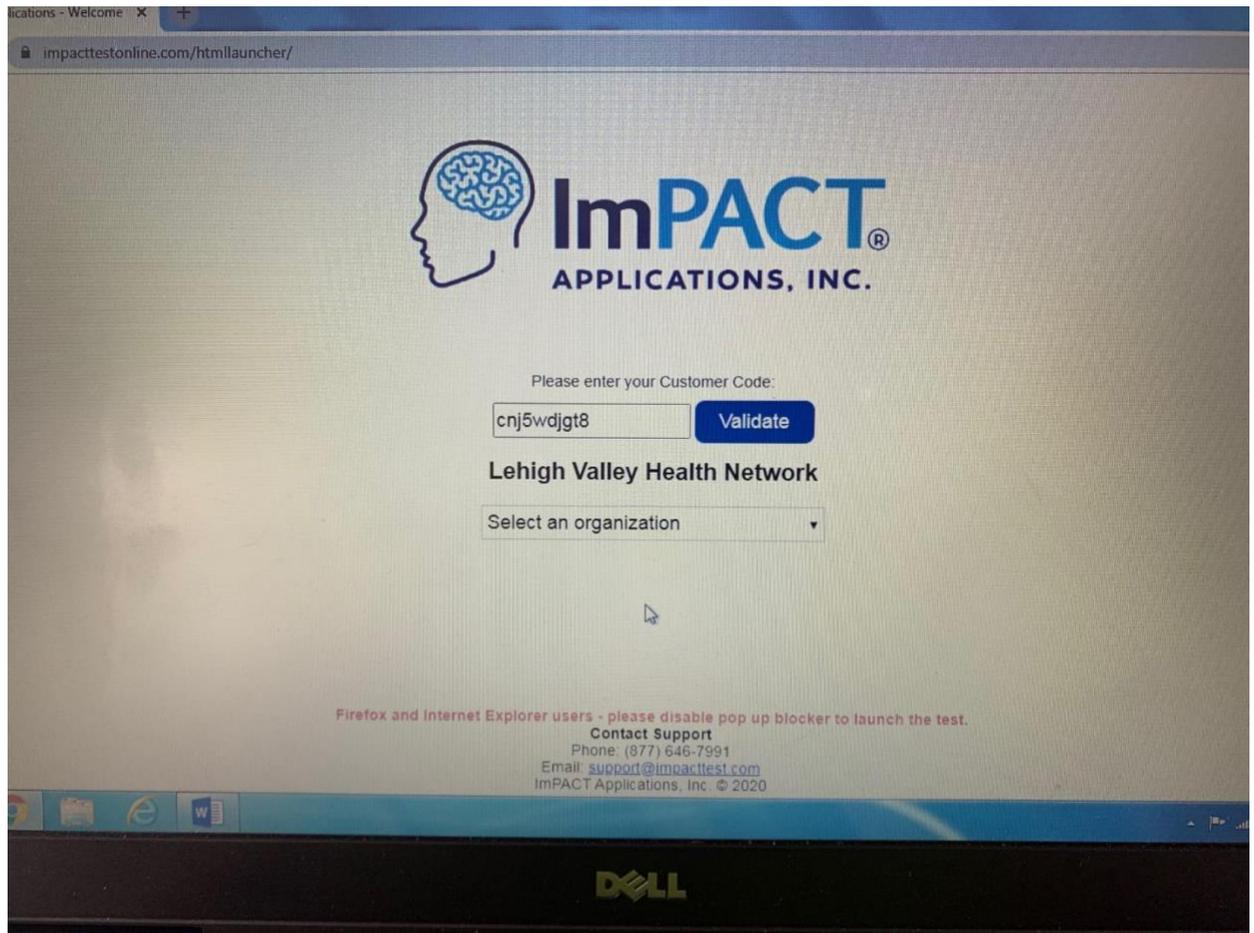
From here you will be presented to a white screen that says Impact Test Solutions. *It should be noted that google chrome is the preferred browser. There have been instances in which the impact test has crashed on internet explorer.*



- Enter customer code below:  
CNJ5WDJGT8
- *\*It doesn't matter if you type the letters in uppercase or lower case.*
- From there it will ask you to select an organization.

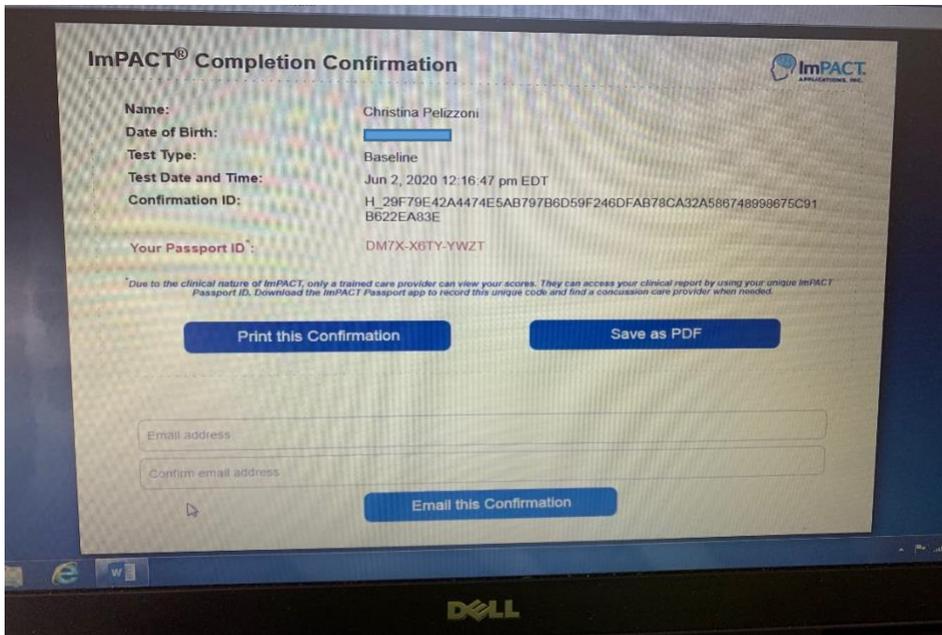
**\*YOU MUST SELECT CENTRAL CATHOLIC HIGH SCHOOL\***

If you do not select this option, we will not be able to access your test. If you select the wrong organization by accident, please contact us.



- After you select Central Catholic High School, click Launch baseline test
- Select the language you wish to take the test in. *Please note, you must select the language you are most comfortable and fluent in.*
- When you get to the first page, it will ask for your name, date of birth and gender. It will also ask you about your pointing device. If you are using a mouse, click mouse. If you are using the square trackpad on a laptop, click trackpad. Click next
- Answer the next three questions on the page, click next
- Please click **“skip additional demographics”**
- The next page is current symptoms. *Please rate this on symptoms you are currently feeling. If you have no symptoms, please click “0”.*
- After you complete those 4 pages, you will proceed to begin the exam. Please take your time and read the directions for each section very carefully. The directions will change for each section.

- Please note: Each section is timed. You will not be able to start and come back to the test. Once you start the test, you must complete it. Please look at the end of this document for FAQ's.
- The first section will test your memory. On the screen there will be words that will pop up onto the screen. You will have to remember these words. After you have been given the words, you will be asked which words you were given in the part before. It is very important that you watch the screen the whole time and concentrate on the words.
- The next section will also test your memory, this time with different designs. Try to remember the designs exactly how they were. When taking this test the designs may show up backwards or flipped, so you must pay attention to the designs given.
- This next section will test memory and speed. On the screen there will be a page filled with "x" and "o" Three of them will be bright yellow. Make sure you remember where they are, because you will be asked about them on another page. After you are asked to remember where the letters are, you will be tested on your reaction time. On the screen you will see either a blue box or a red circle. If a blue box is on the screen, touch the letter "p" on your keyboard. If it is a red circle you will touch the "q" letter on your keyboard
- The next section will show you shapes that are associated with different numbers. Make sure you remember the shapes and the numbers it corresponds with. The test will show you a shape and you are going to have to click on the number it goes with.
- The next test is going to test your speed. There will be 3 colors shown, and those colors will be written out in each box. If the actual color matches the color that is spelled out in the box, you are to click your mouse on the box. If it does not match, do not click your mouse.
- The next test is also a speed test. You will see a box with 25 numbers. You are to click on the numbers counting BACKWARDS from 25 going as fast as you can. Next you will see 3 letters on the screen. You will have to remember those letters. While you are clicking backwards from 25 the numbers will disappear and you will have to type in the letters that you just remembered.
- Now you will be asked to remember the words from the very first test.
- You will then be asked the shapes from the second test
- After this step, you have completed the test! A page similar to the one below will pop up. You do not need to keep this page, or email this to anyone. After you have completed the impact test, please email either Christina, Jessica or Kyle. The email addresses are listed below.



Christina Pelizzoni

[Christina.pelizzoni@lvhn.org](mailto:Christina.pelizzoni@lvhn.org)

203-598-9683

Jessica Cancel

[Jessica\\_m.cancel@lvhn.org](mailto:Jessica_m.cancel@lvhn.org)

610-737-2737

Kyle Smitreski

[Kyle.smitreski@lvhn.org](mailto:Kyle.smitreski@lvhn.org)

484-664-8728

## **Frequently Asked Questions**

### **How do I know if I need an impact test?**

Impact tests are good for 2 years. If you have a question if you need an impact test, please email either one of the athletic trainers and they will check for you.

### **What happens if I click the wrong organization by accident?**

Please proceed with the exam and let the athletic trainers know by email. They will work to get your impact test transferred to the correct folder.

### **What happens if my computer stops working during my exam?**

Unfortunately, this does happen sometimes. You will need to start the exam over, from the beginning. We are not able to access previously started tests. If your exam fails, please try again the next day. If it fails multiple times, please email the athletic trainers and they will try and help.

### **How long does the exam take?**

From start to finish should be between 30-45 minutes. Do not rush thru the exam. Make sure you take your time and read the directions before each section carefully.

### **What happens if I mess up one of the sections?**

Do not panic. Make sure to continue the exam and make sure to finish it. After you finish, please email either of the athletic trainers and they will check to see the results of your exam. They will also let you know if the results are invalid and if you need to retake the exam.

### **How do I know if I passed?**

Firstly, the impact test is not a pass or fail. The impact test is used to assess a baseline score, so that doctors have something to compare the test to should your son or daughter receives a concussion. Second, the athletic trainers will be logging on to impact test weekly and will check to see who has taken the exam. If you have invalid results, they will contact you to retake the exam.