

McMinnville High School
Sports Medicine Department

Date: 2017-2018 Academic Year

To: Any MHS athlete who is completing in an OSAA sanctioned school activity

From: McMinnville High School Sports Medicine Department

RE: ImpACT Concussion Baseline Testing

Student-athletes involved with any MHS OSAA sanctioned school activity will be required to complete an ImpACT Concussion Baseline Test **before** they will be allowed to participate in any **tryout, practice or competition**. The ImpACT Test is part of our MHS concussion management plan.

You can take the test online if you have a broadband internet connection. If you do not have access to broadband internet connection you can take the test at MHS during a scheduled date and time. However, the baseline test **MUST BE COMPLETED** before you are allowed to start practicing with your team.

Please review the following FAQs:

What are the computer requirements to take the test?

- Make sure you are using Internet Explorer 6.0 and above or Firefox 1.5 or above and Safari for the MAC running OSX 10.2 and above.
- You must have Macromedia FLASH PLAYER 10.0 or newer installed. You can download FLASH PLAYER at 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.
- The computer you use must have a mouse.
- Java Script must be enabled.
- TouchPad and TrackPoint mice (typically found on laptop computers) should NOT be used.
- If you are taking the exam on a laptop computer, make sure that it is plugged into an electrical outlet and is not running on battery power.

How long will the test take?

- The test will take approximately 30 minutes to complete. The system allows up to 45 minutes to take the test.
- Choose an environment that is free of noise and other distractions.
- Test should be taken before any exertional activities (before exercise).

Are there any technical items that might interfere with taking the test?

- Firewalls should allow an Internet session limit of 45 minutes to insure uninterrupted connections.
- Firewalls need to allow downloads of FLASH files.
- If you are having log on problems make sure to clear out your browser cache before giving up. Either hit the refresh key several times, close out and re-start the browser or re-boot your computer. Depending on the kind of computer and which browser you are using one of these items should resolve the issue.

Can I purposely perform poorly on the baseline test in an attempt to minimize future signs and symptoms of a concussion?

- The test has a built in “Validity Indicator” that automatically flags a suspicious baseline test.
- The results of your baseline test will indicate if you were trying to “Sandbag” and you will be required to repeat the test.

If I have already taken an ImpACT Concussion Baseline test while at another school district do I need to take this test also?

- Yes, you need to take the test so it is in MHS’s database.

How often do I need to take the ImpACT Concussion Baseline Test?

- A new baseline test is required every 2 years.
- A baseline test is good for an entire academic school year so students athletes will only need to test once every other year.

The ImpACT baseline test is taken at the following web address:

www.impacttestonline.com/testing

When you log onto the ImpACT website you will:

- Enter the Customer Access Code : EM7UVPR2AC
- Follow the directions given
- At one point you will be asked to select which school you are with, be sure to select “McMinnville High School”

Can I take the ImpACT Concussion Baseline test at McMinnville High School?

- Adult supervision will be needed at the following locations: library, college and career center, transition lab, and the bruin production lab.

Please follow the guidelines outlined in this letter. If you have any question please send an

email to mbrunette@msd.k12.or.us or bfuller@msd.k12.or.us

