

# SOMERVILLE HIGH SCHOOL

## ATHLETIC DEPARTMENT

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### Guide to ImPACT Testing

If you have already taken the baseline test during the current school year, you are not required to take it again. If this is your first time taking the baseline test this school year, then follow instructions below.

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#### **A. Before you Begin:**

##### **Setting up Your Computer Station**

Make sure that you have a good test environment and you can devote 45 min with minimal distractions before you begin the test. Close out all other applications. A parent should be present to supervise and guide the athlete through the baseline test. Once you begin the test, you must complete the entire test without stopping.

#### **B. Primary Information**

Basic information will be required, including language preference and units of measurement (height/weight) preference.

#### **C. What does the test consist of?**

The baseline test is divided into 3 components:

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- (1) The first component asks sports and health history questions and should be complete by a parent.
- (2) The second component asks about the athlete's current symptoms and conditions, and should be completed by a parent.
- (3) The third component is an interactive neurocognitive test to be completed by the athlete

#### **B. Accessing the Test:**

Go to website: [www.impacttestonline.com/schools/](http://www.impacttestonline.com/schools/)

Select your state 'NJ' using the drop-down menu on the bottom of the page

Then click the "Launch Baseline Test" button

Enter ImPACT code: **D96CCBCF35**

Then click the "Launch Baseline Test" button

#### **C. Getting Started:**

##### **Component 1 – Sports and Health History**

Please have a parent help you fill out the information in this component.

This section requires you to fill in information in several areas: general, language, education, sports, concussion history and other health history.

On the school/organization page, please be sure to select "New Jersey" and then "Somerville High School". On the current sports page, please fill in your sport as the current sport. If your sport is not listed, then click "other". Then indicate how many years you have played at the high school level.

##### **Component 1 – Concussion History**

Please have a parent help you fill out the information in this component.

This section asks questions about your concussion history, including dates of most recent concussions.

##### **Component 2 – Current Symptoms**

Please have a parent help you fill out the information in this component.

This section requires you to fill in information about your current symptoms and conditions, such as amount of sleep and medications. When answering, 1 = the lowest degree and 5 = highest degree.

##### **Component 3 – Neurocognitive Test**

This section should be completed by the athlete. There are several parts of the test. Please take the test seriously as it will be used in the future as a baseline and will be used to help determine return to play. Answer all of the questions independently and to the best of your ability. The parent should not help the athlete in this section.

**AT THE CONCLUSION OF THE TEST, YOU MUST PRINT CONFIRMATION AND SEND IN TO MS. OPALSKI ALONG WITH THE REST OF THE PARTICIPATION FORMS.**