

# Impact Testing Instructions

To ensure a valid test, please follow these instructions. It is very important that you are able to fully concentrate during the entire test. Poor performance will result in an invalid test and will require a retake!

- ◆ Set aside 30 minutes in a quiet room with no distractions.
- ◆ No headphones or cell phone use during the test. Turn off any televisions, radio or anything else that can produce background noise.
- ◆ Tell siblings and family members about the importance of the test to avoid interruptions or distractions.
- ◆ Take your time to read each section`s instructions very carefully. Each module is self explanatory. It is common to perform the color word match module incorrectly, please read that section`s instructions carefully.
- ◆ You **MUST** use a standard external mouse. You may not use a finger mouse pad (i.e.: laptop mouse), a Track Mouse, or anything other than a standard mouse.
- ◆ Minimum computer requirements:
  - 1) Make sure you are using Internet Explorer 6.0 or above, or Firefox 1.5 or above or Safari for Mac users running OSX 10.2 and above.
  - 2) You must have Macromedia Flash player 10.0 installed. You can download Flash Player at [www.adobe.com](http://www.adobe.com)
  - 3) Pop up blockers must be turned off for the duration of the test.
  - 4) Close all other programs on your computer before taking the test
  - 5) You will need a broadband internet connection.
- ◆ To take the baseline test, go to [www.impacttestonline.com/schools](http://www.impacttestonline.com/schools), select “NJ” and click on “Launch Baseline Test.” Our customer code is 834687AA20.
- ◆ Make certain to select “Bergen Catholic High School” when asked for “School/Organization”.
- ◆ Your test results are not displayed once you are finished (all results are password protected).
- ◆ If you do not have access to the internet or a home computer that meets the above requirements contact, Mr. Bill Walsh, Bergen Catholic High School’s Athletic Trainer at 201-261-1844 x148 to arrange a testing time at school.
- ◆ If your son suffers a concussion, any and all post injury follow up tests **MUST** be taken at school.
- ◆ Thank you for participating in our Impact Concussion Management Program.