



June 2023

Dear Parent/Guardian,

EO Smith will continue to use ImPACT testing this year as a concussion management tool for our student-athletes. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a computerized neurocognitive exam that was developed by the University of Pittsburgh Medical Center's Sports Concussion Program. The ImPACT system is widely used throughout professional, collegiate, and secondary school athletics and is virtually the "Gold Standard" in concussion management.

EO Smith requires all students to complete a baseline assessment prior to the start of the school year. Students enter their demographic information and then complete the test itself, which only takes about 30-40 minutes. The program is administered over the internet and is in a "video-game" format where students consider it to be simple mind games. The purpose of the baseline assessment is to give the brain a "pre-season physical" of its cognitive abilities and the test tracks information such as memory, reaction time, processing speed, and concentration.

If a concussion is suspected, the baseline assessment will be compared with all post-injury testing to help determine the extent of the injury, which cognitive processes are affected, and assist in determining recovery time. This information is shared between athletic training staff, health center staff and school physician so that decisions regarding academics and return to sport are appropriate and safe. If an injury of this nature occurs, the health center or athletic training staff will contact you on all the details, large or small.

As previously mentioned, the test is administered over the internet, which means that the data is then stored there as well. The information obtained in our use of ImPACT at EO Smith may be utilized in studies being conducted by the school and the University of Pittsburgh Medical Center. The information may be sent to UPMC for their large database and we have set up anonymous identification so that your child's anonymity is guaranteed with any studies. I wish to stress that there is no invasive work being done with this program and that the health and safety of the student-athletes is our top priority.

New this year, all students will self-administer and complete their baseline assessment at home prior to returning to campus in September. Please see the attached instructions for computer requirements as well as instructions for how to access and complete the test at home. Students must make this a priority over the summer, as they will not participate in athletics or other activities on campus until a valid test is on file. There is a minimum standard score established by ImPACT in order for the test to be considered valid, so all students are encouraged to complete the test as quickly and accurately as possible.

Again, EO Smith administration, coaching, and athletic training staffs continue to keep your child's health and safety at the forefront of the EO Smith athletic experience. If you have any questions or concerns regarding the ImPACT program used at EO Smith, please feel free to contact Brielle Curtis, Athletic Trainer, at bcurtis@eosmith.org at duriano@eosmith.org.

Sincerely,

Dan Uriano
Todd Richmond
Athletic Directors

Brielle Curtis
Athletic Trainers



Computer Requirements for ImPACT Testing

1. Make sure you are using one of the following internet sources. Older versions (especially Chrome) are known to interfere with the test system.
 - a. Internet Explorer 9 or above
 - b. Firefox 27 or above
 - c. Chrome 34 or above
 - d. Safari 6 or above
2. You need a broadband internet connection.
3. If you are running Windows 7, make sure power management is set to High Performance, otherwise performance may be slowed and negate test scoring.
4. You must have Adobe Flash Player 11.0 or newer installed.
 - a. To download, visit <https://get.adobe.com/flashplayer>
5. You must turn OFF a Pop-Up Blocker for the duration of the test.
6. Your browser must accept cookies.
7. JavaScript must be enabled.
 - a. To download, visit <https://www.java.com/en/download>
8. The computer must have an external mouse.
9. The computer screen must be 12 inches or larger.
10. Close all other programs before starting the test, as they may interfere with your computer and the test.

Instructions to Access and Complete Baseline ImPACT Test

1. Make sure you are performing the test in a quiet room free of distractions.
2. Open a webpage browser and go to <https://www.impacttestonline.com/testing>
3. Type in Customer Code **afd3376ea6** then click on the **Launch Baseline Test** button. The test will appear in a new window.
4. Select your language. Click Next.
5. Click OK in the pop-up box.
6. Choose your units (for height/weight purposes). Click Next twice.
7. Enter name, date of birth, height, weight, gender, and handedness. Click Next.
8. Enter school address and school email address. Click Next.
 - a. 1235 Storrs Rd, Storrs-Mansfield, CT 06268, United States
9. Choose native country and language. Click Next.
10. Choose ethnicity. Click Next.
11. Enter years of education completed.
 - a. Freshman = 8, Sophomores = 9, Juniors = 10, Seniors = 11, PG = 12
12. Choose any conditions you've been/are currently treated for – each must be checked Yes or No. Click Next.
13. Enter sport, position, level of participation (High School), and years of experience in high school. Click Next.
14. Enter your total number of diagnosed concussions. If none, click Next.
 - a. If 1 or more, enter additional information when prompted. Click Next.
15. Enter the dates of 5 most recent concussions (use your best guess for date). Click Next.
16. Choose any conditions you've been/are currently treated for – each must be checked Yes or No.
 - a. There are 2 pages.
 - b. Check NO for strenuous exercise in past 3 hours. Click Next.
17. Enter date of last concussion, hours of sleep last night, and any medications. Click Next.
18. Enter score for any symptoms you're experiencing AT THIS TIME. If you are not experiencing a symptom, you must choose "0". Click Next after each page. There are 4 total pages.
19. You will be given a sample. Click Continue to complete the sample.
20. Once the sample is completed, Click Start Test.
21. Complete the test in its entirety, including an additional symptom checklist at the end.
22. Make sure you see a screen that says "Thank you for taking the test" before closing out of webpage.
23. You do not need to save your Passport ID. Please email the confirmation page to yourself and save a PDF to turn into the Health Office