

ImPACT Concussion Management Program Baseline Testing Instructions

ImPACT Testing Protocol

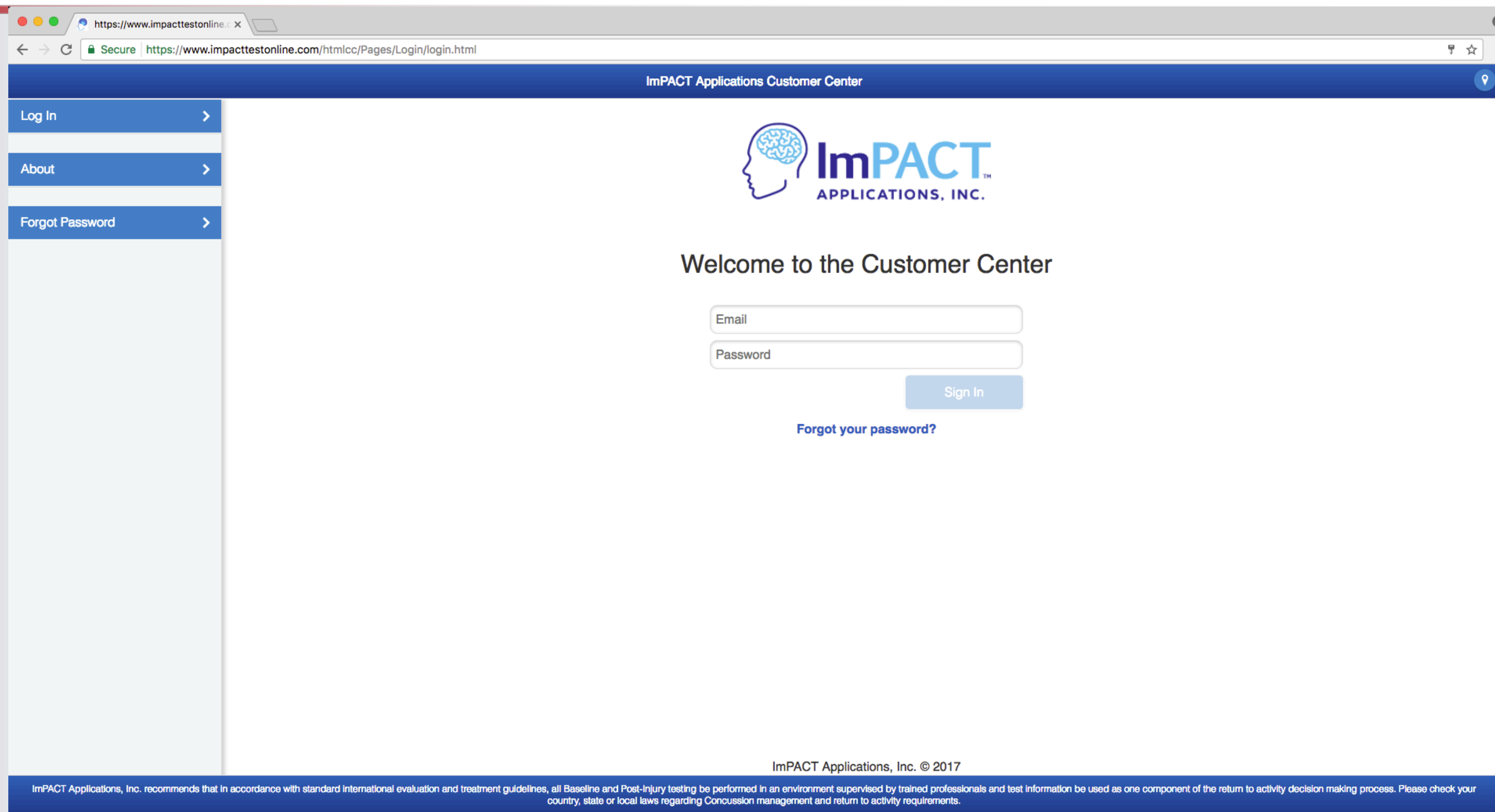
- ImPACT Concussion Testing MUST be done with an external mouse
- The Room should be free of distractions, such as
 - - Cell Phones
 - - Talking
 - - Radios.
- The test must be administered by a Team Athletic Trainer, Coordinator or other non-technical staff . Coaches are not to administer the test.

TESTS SHOULD NOT BE DONE AT PLAYERS HOMES WITH THEIR PARENTS

- Athletes should be reminded how important taking this baseline is
- Athletes must also know that you can not fail the test
- Results are not given at the end of the test, this is just a baseline exam
- Athletes should be encouraged to work at their own pace and not try to compete with teammates to finish first

- The ImPACT Testing Website is www.impacttestonline.com/customercenter
- User name will be the club's Team Administrator's Email Address
- Password will be emailed to your Team Administrator's Email Address by ImPACT
- This password can be changed at any time by the Team Administrator, passwords will expire in 180 day, and then you will be prompted to change your password
- The following slides will show you step-by-step on how to fill out the Demographic portions and the Symptoms and Conditions portion of the ImPACT Test
- After the Demographic and Symptoms portion is completed, the athletes will complete the Cognitive Testing portion of the test (this is to be done at their own pace)

Log in at www.impacttestonline.com/customercenter

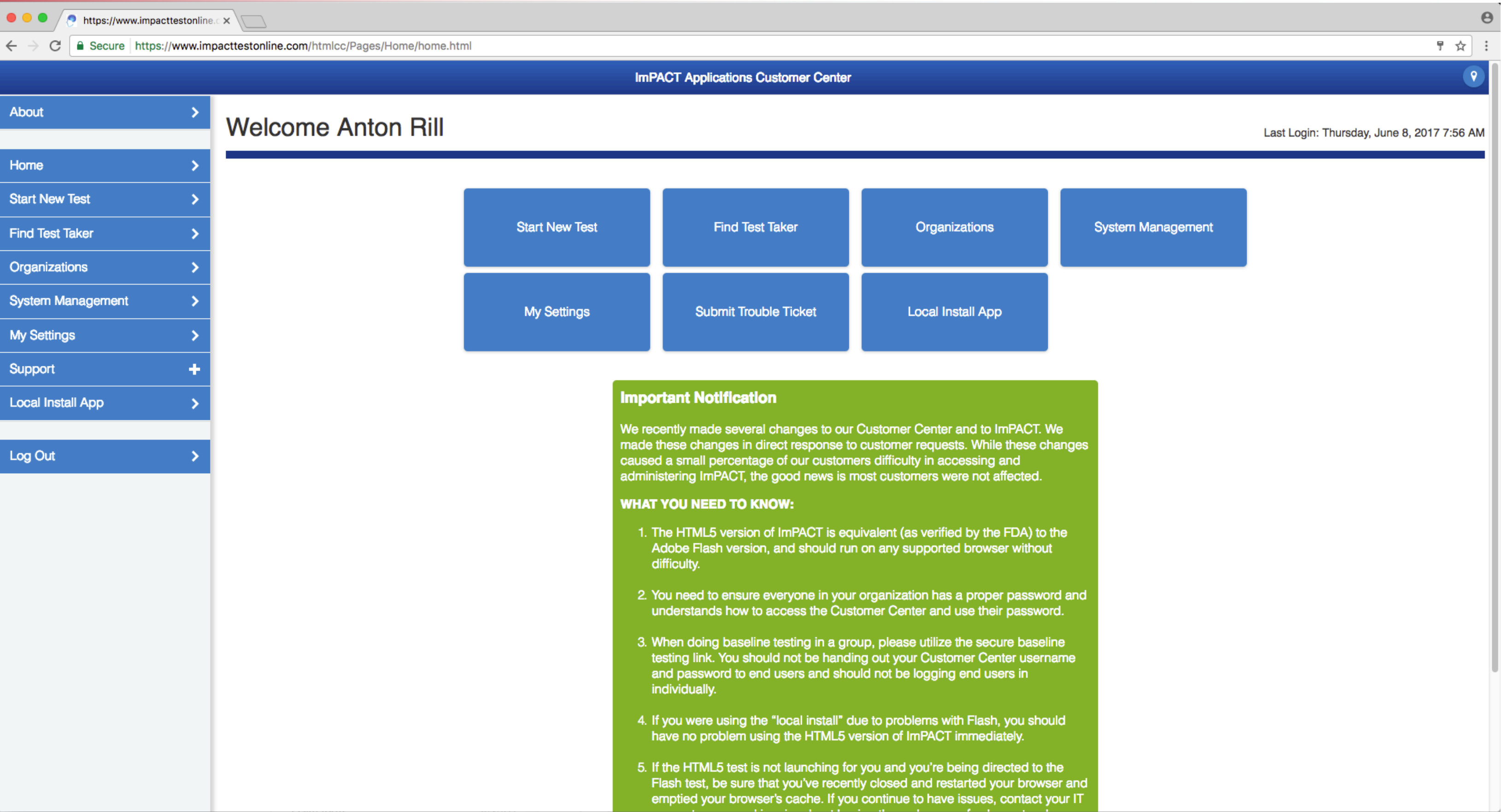


The screenshot shows a web browser window with the URL <https://www.impacttestonline.com/htmlcc/Pages/Login/login.html>. The page title is "ImPACT Applications Customer Center". On the left, there is a navigation menu with links: "Log In", "About", and "Forgot Password". The main content area features the ImPACT Applications, Inc. logo, which consists of a stylized head with a brain inside, followed by the text "ImPACT APPLICATIONS, INC.". Below the logo, it says "Welcome to the Customer Center". There are two input fields: "Email" and "Password". To the right of the "Password" field is a blue "Sign In" button. Below the "Sign In" button is a link that says "Forgot your password?". At the bottom of the page, there is a copyright notice: "ImPACT Applications, Inc. © 2017". A small disclaimer at the very bottom states: "ImPACT Applications, Inc. recommends that in accordance with standard international evaluation and treatment guidelines, all Baseline and Post-Injury testing be performed in an environment supervised by trained professionals and test information be used as one component of the return to activity decision making process. Please check your country, state or local laws regarding Concussion management and return to activity requirements."

Email and Password will be set up for the Team's Testing Administrator

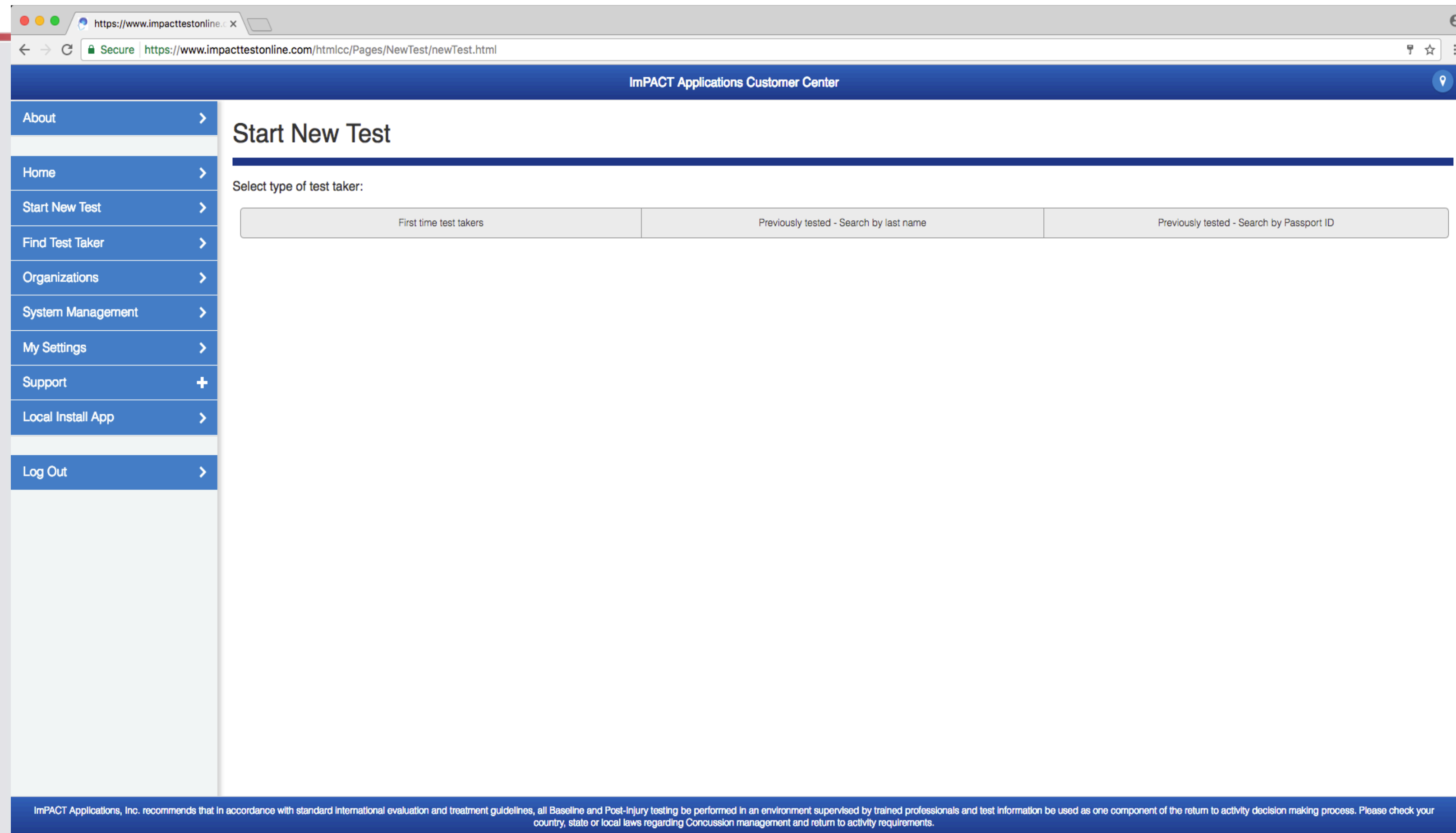
This will be the only way to take the test for your club

Click on “Start A New Test”



Click on “*Start a New Test*”

“Start A New Test” Menu



You will use the top half of the screen, which says “*First Time Test Takers*”

Select your club from the drop down menu

Click on “*Launch Baseline Test*”

It will take a moment to start the test, and it will bring it up in another full size window

“Start A New Test” Menu

The screenshot shows a web browser window with the URL <https://www.impacttestonline.com/htmlcc/Pages/NewTest/newTest.html>. The page is titled "ImPACT Applications Customer Center" and "Start New Test". On the left is a navigation menu with items: About, Home, Start New Test, Find Test Taker, Organizations, System Management, My Settings, Support, Local Install App, and Log Out. The main content area has the following sections:

- Select type of test taker:** Three buttons: "First time test takers" (highlighted in blue), "Previously tested - Search by last name", and "Previously tested - Search by Passport ID".
- Select the test product to administer:** A dropdown menu showing "ImPACT".
- Select the organization for the test:** A table with two columns. The left column lists organizations: NWSL, US Soccer Federation, USSF Development Academy Men, and USSF Development Academy Women. The right column lists specific teams: Albion SC - Girls, Beach Futbol Club - Girls, Boca United Football Club - Girls, and Boston Breakers Academy - Girls.
- Select the test type:** Five buttons: "Baseline" (highlighted in blue), "Post-Injury 1", "Post-Injury 2", "Post-Injury 3", and "Post-Injury 4".

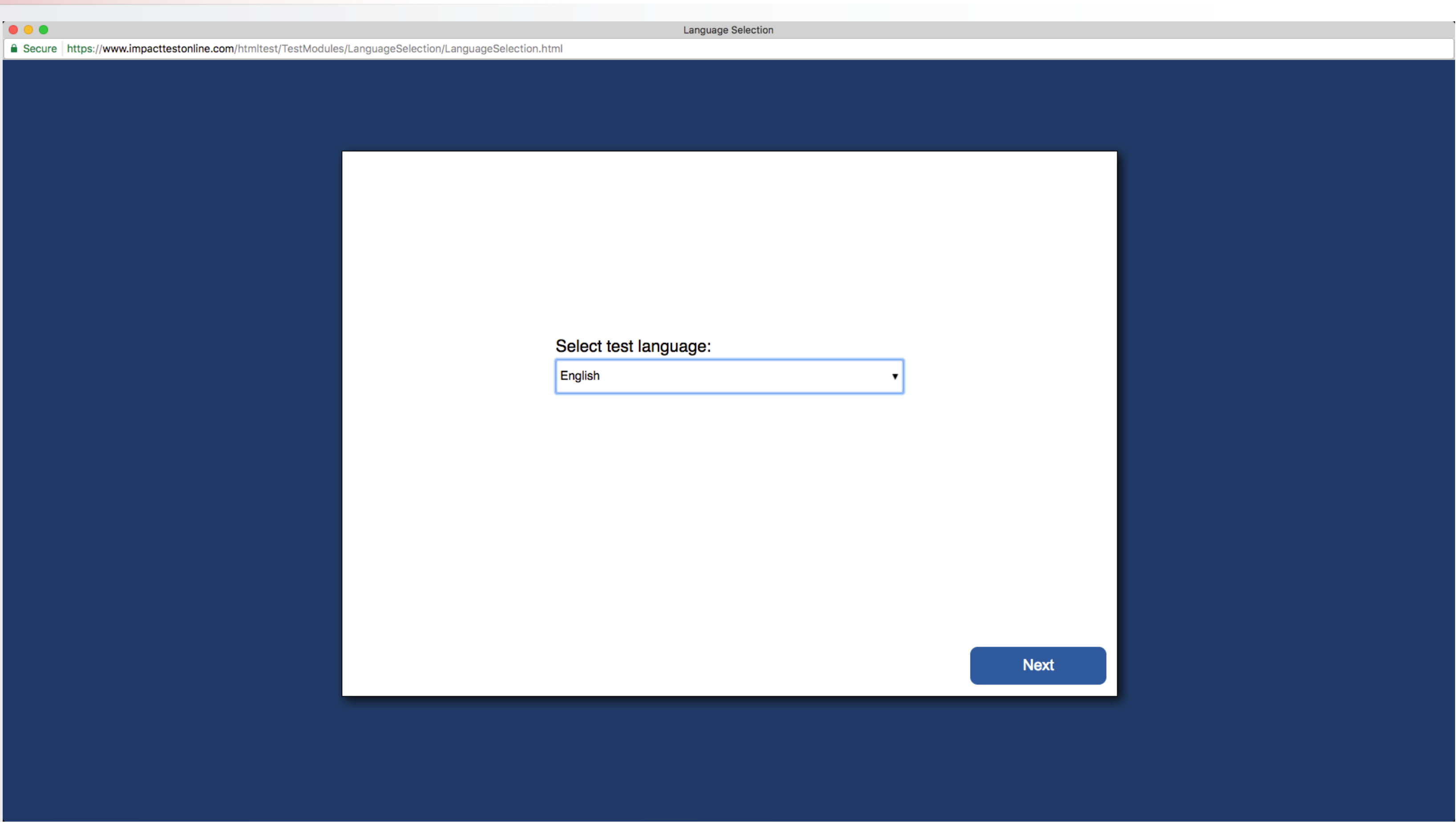
At the bottom, a blue footer contains a disclaimer: "ImPACT Applications, Inc. recommends that in accordance with standard international evaluation and treatment guidelines, all Baseline and Post-Injury testing be performed in an environment supervised by trained professionals and test information be used as one component of the return to activity decision making process. Please check your country, state or local laws regarding Concussion management and return to activity requirements."

Select your club from
the drop down menu

Click on “*Baseline*”

It will take a moment to
start the test, and it will
bring it up in another
full size window

This is what you will see at the start of a baseline test



Choose a Language

Securehttps://www.impacttestonline.com/htmltest/TestModules/LanguageSelection/LanguageSelection.html

Language Selection

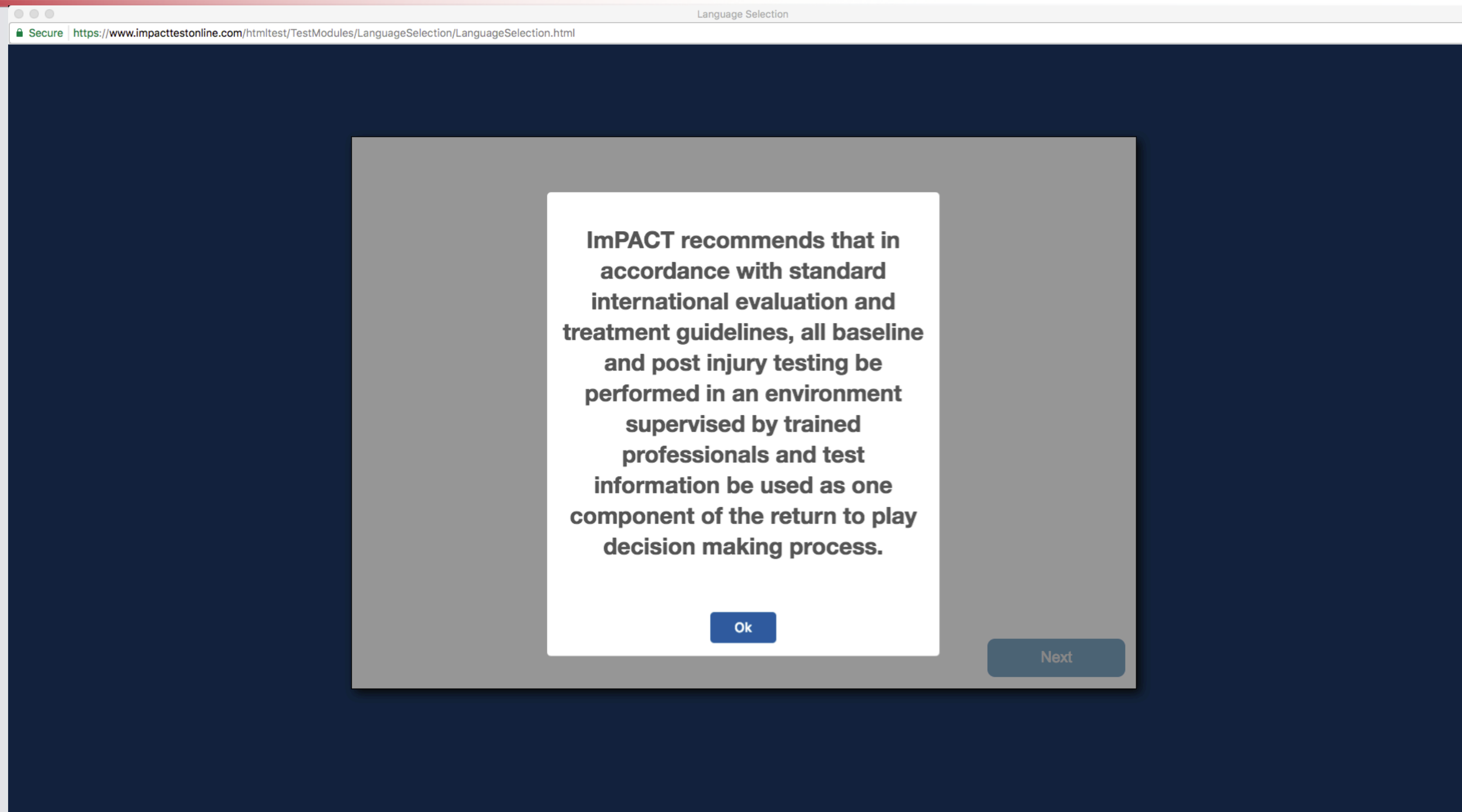
Select test language:

English

Next

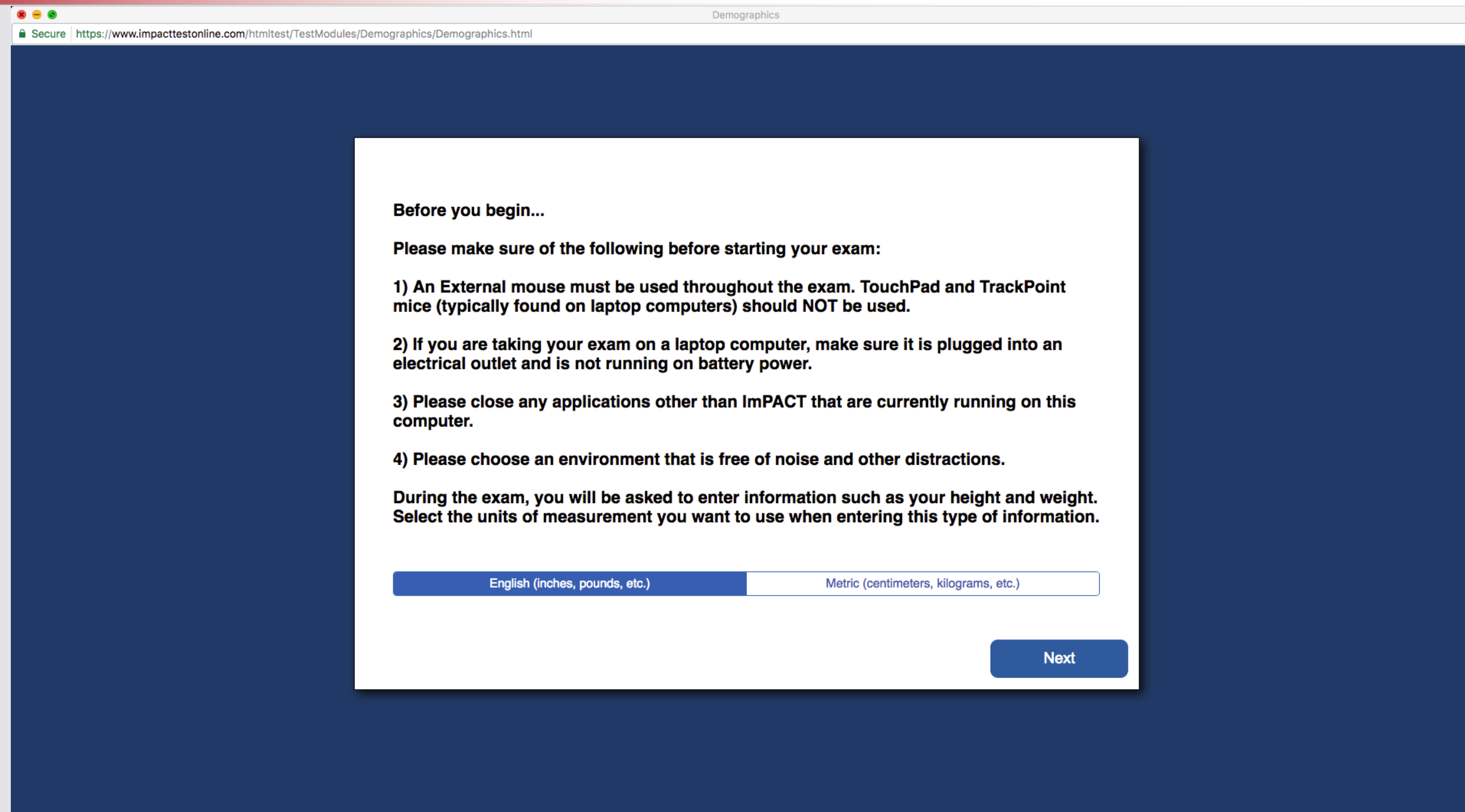
Please select the language you would like to test in from the drop down menu

Warning



Player Development teams must conduct their tests in an area free of distractions supervised by a team administrator. **The players should never test at home with their parents**

Instructions for Baseline Testing



The screenshot shows a web browser window with the title "Demographics" and the URL "https://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html". The page has a dark blue background. In the center, there is a white rectangular box containing the following text:

Before you begin...

Please make sure of the following before starting your exam:

- 1) An External mouse must be used throughout the exam. TouchPad and TrackPoint mice (typically found on laptop computers) should NOT be used.**
- 2) If you are taking your exam on a laptop computer, make sure it is plugged into an electrical outlet and is not running on battery power.**
- 3) Please close any applications other than ImPACT that are currently running on this computer.**
- 4) Please choose an environment that is free of noise and other distractions.**

During the exam, you will be asked to enter information such as your height and weight. Select the units of measurement you want to use when entering this type of information.

Below the text, there are two radio button options for units of measurement:

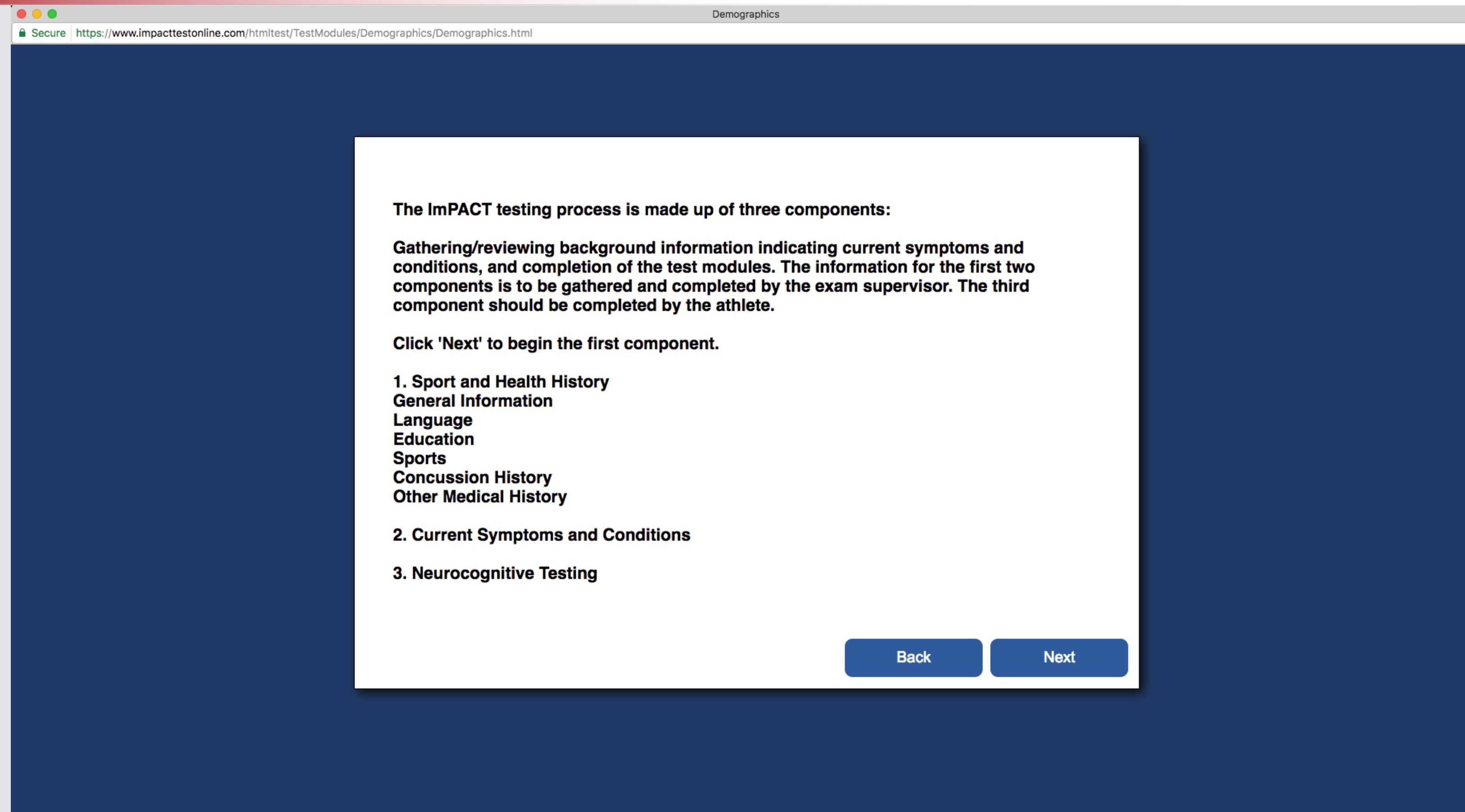
- ☒ English (inches, pounds, etc.)
- ☐ Metric (centimeters, kilograms, etc.)

At the bottom right of the white box, there is a blue button labeled "Next".

Make sure to read all the directions before you start testing.

Please note that you must use an External Mouse and not a touchpad or trackpad on a laptop.

Instructions for Baseline Testing

A screenshot of a web browser window showing the 'Demographics' page of the ImPACT testing system. The browser's address bar shows the URL 'https://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html'. The page has a dark blue background with a white central box containing instructions. The instructions state that the ImPACT testing process consists of three components: gathering/reviewing background information, completion of test modules, and completion of the third component by the athlete. It instructs the user to click 'Next' to begin the first component. The first component, 'Sport and Health History', includes sub-items: General Information, Language, Education, Sports, Concussion History, and Other Medical History. The second component is 'Current Symptoms and Conditions', and the third is 'Neurocognitive Testing'. At the bottom of the white box are two blue buttons labeled 'Back' and 'Next'.

Make sure to read all the directions before you start testing

Demographic Questions - Page 1

Securehttps://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html

Demographics

First Name:

First Name

Last Name:

Last Name

Date of Birth:

MM

DD

YYYY

Height:

Weight:

Pounds

Gender:

Male

Female

Handedness:

Right

Left

Both

Back

Next

- Enter First and Last Name
- Enter Date of Birth
- Enter Height Enter Weight
- Enter Sex
- Enter Handedness (the hand you write with)

Demographic Questions – Page 2

Securehttps://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html

Demographics

Address:

City/Location:

State/Province:

Zip/Postal Code:

Country:

Email Address:

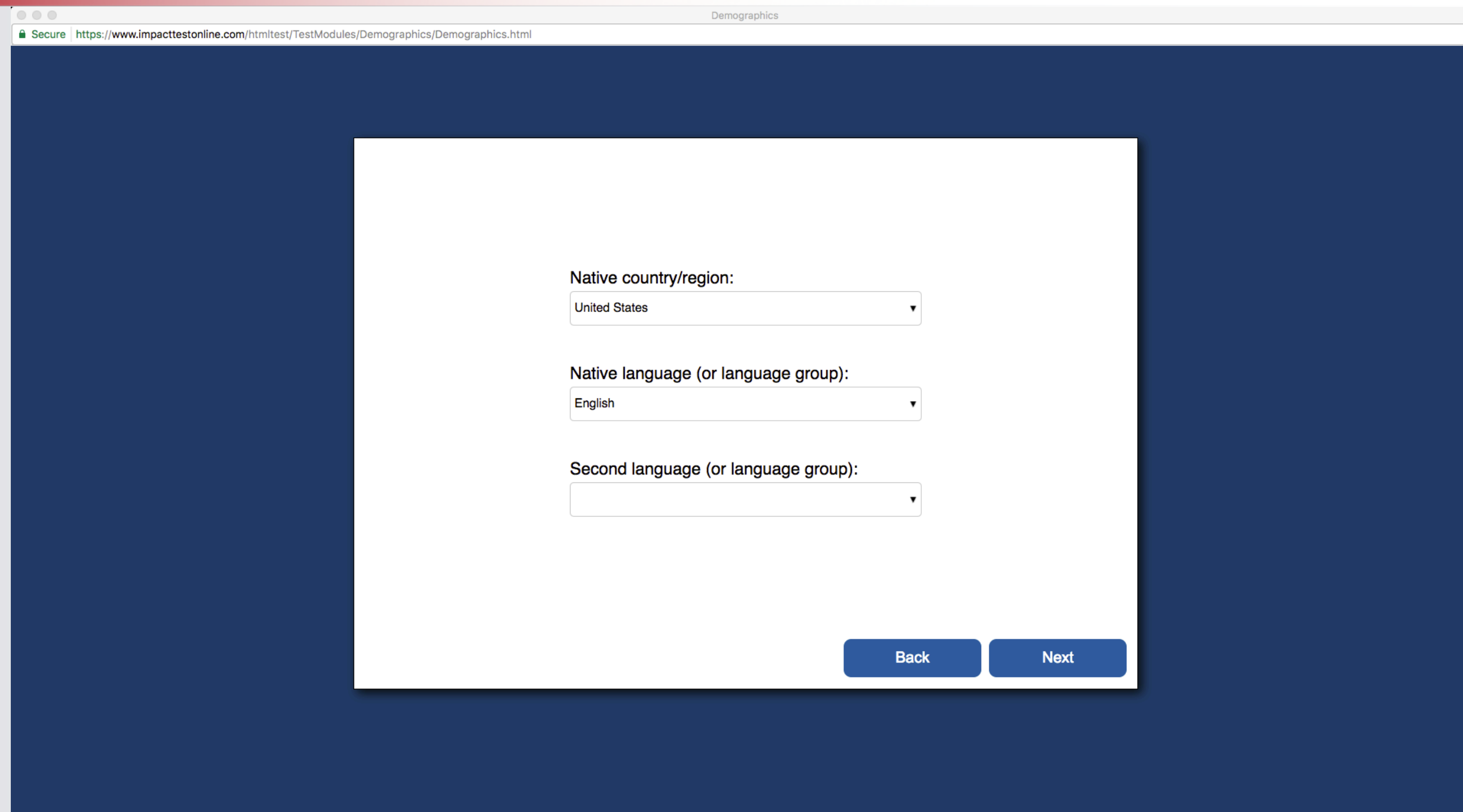
Back

Next

Enter Address

Enter Email Address
(or Parent’s Email)

Demographic Questions – Page 3



The screenshot shows a web browser window with the title 'Demographics' and the URL 'https://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html'. The page has a dark blue background. In the center is a white rectangular form. The form contains three dropdown menus and two buttons. The first dropdown is labeled 'Native country/region:' and has 'United States' selected. The second dropdown is labeled 'Native language (or language group):' and has 'English' selected. The third dropdown is labeled 'Second language (or language group):' and is empty. At the bottom right of the form are two blue buttons labeled 'Back' and 'Next'.

Native country/region:
United States

Native language (or language group):
English

Second language (or language group):

Back Next

Enter Native Country
(where born)

Enter Native Language
(first spoken
Language)

If you speak more
than one language,
enter your Second
Language

Demographic Questions – Page 4

Securehttps://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html

Demographics

No

Yes

American Indian or Alaska Native

No

Yes

Asian

No

Yes

Black or African American

No

Yes

Hispanic or Latino

No

Yes

Native Hawaiian or Pacific Islander

No

Yes

White

Back

Next

Select Ethnicity
(optional
question)

Demographic Questions – Page 5

Securehttps://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html

Demographics

Years of education completed excluding kindergarten
(e.g. high school senior = 11, college freshman = 12)

Check any of the following that apply:

NoYes

Received speech therapy

NoYes

Attended special education classes

NoYes

Repeated one or more years of school

NoYes

Diagnosed learning disability

NoYes

Diagnosed attention deficit disorder or hyperactivity

While in school, what type of student were/are you?

Below Average

Average

Above Average

Back

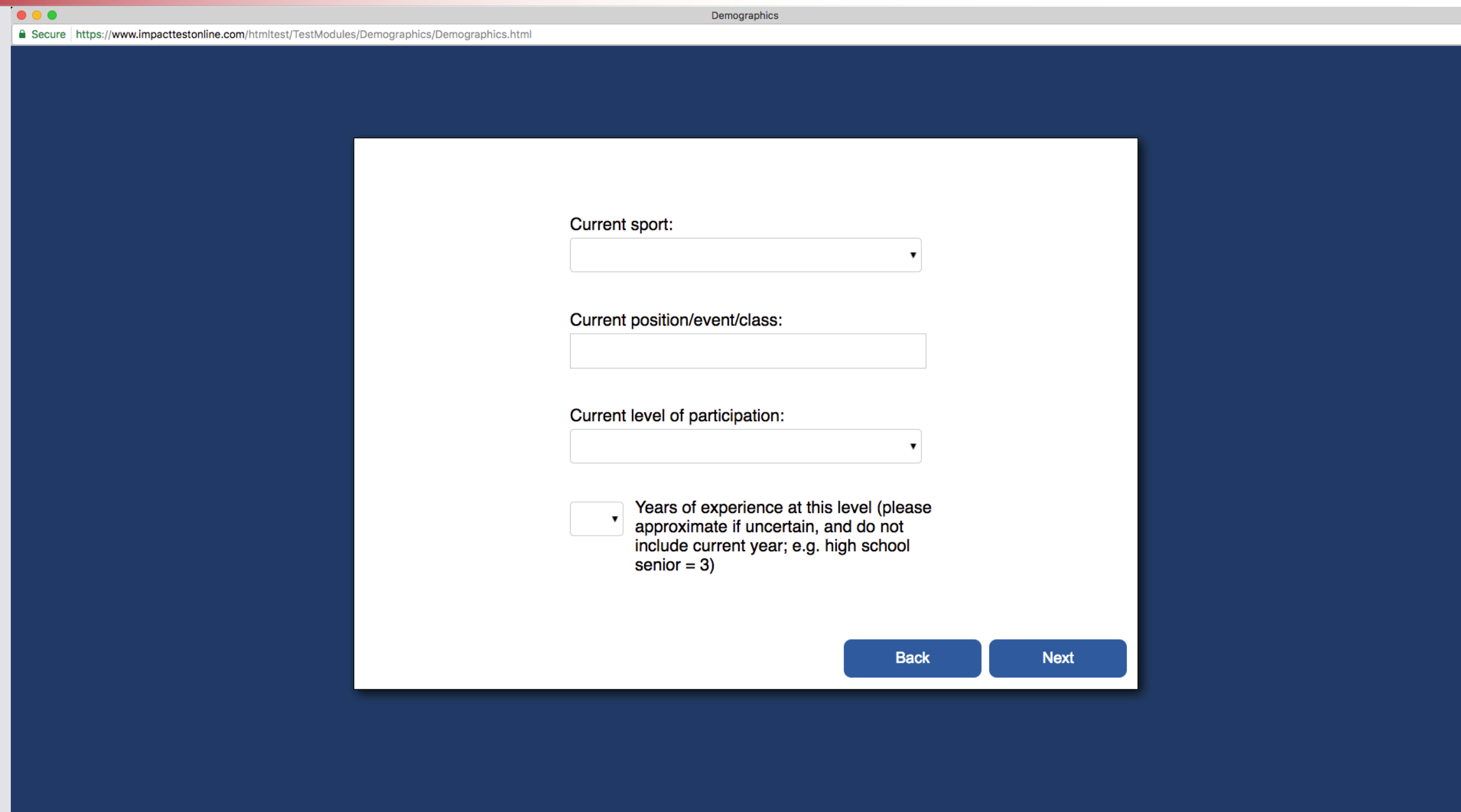
Next

Enter the years have completed in school. If you are a freshman then you put 8, a senior in high school would put 11

Check if you have any of the following conditions

For "What type of student," what type of grades to you normally receive?

Demographic Questions – Page 6



Demographics

Secure <https://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html>

Current sport:

Current position/event/class:

Current level of participation:

Years of experience at this level (please approximate if uncertain, and do not include current year; e.g. high school senior = 3)

Back Next

Current Sport will be Soccer

Current position will be your main position on the field: Forward, Midfield, Defender or Goalie

Current level of Participation will be Junior High or High School

Years of experience will NOT include your current year, freshman will be 0, a senior will be 3

Demographic Questions – Page 7

The image displays two screenshots of a web application interface for demographic questions. The top screenshot shows a single question: "Number of times diagnosed with a concussion (excluding current injury)". Below the question is a large, empty text input field. At the bottom of the question box are two buttons: "Back" and "Next". The bottom screenshot shows the same question with the value "1" entered in the input field. Below this question are five more questions, each with a dropdown menu:

- Number of concussions that resulted in loss of consciousness
- Number of concussions that resulted in confusion
- Number of concussions that resulted in difficulty remembering events occurring immediately after injury
- Number of concussions that resulted in difficulty remembering events occurring immediately before injury
- Combined number of games missed as a direct result of all concussions

At the bottom of this second screen are also "Back" and "Next" buttons.

Enter the Number of times you have been diagnosed with a concussion

If you enter 0, then click next at the bottom

If you entered 1 or more, please answer the remaining questions that will appear

Demographic Questions – Page 8

Demographics

Secure | <https://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html>

Please list your five most recent concussions, if applicable. Use approximate dates if necessary.

January ▼ 1980 ▼

Add Date

Remove Date

Back Next

If you have not had a concussion then click the “*Next*” Button on the bottom of the page

If you have had a concussion, use the pull down menus to add the month and year of the concussion(s)

Then click “*Add Date*”

Repeat for each concussion

Demographic Questions – Page 9

Securehttps://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html

Demographics

Indicate whether you have experienced the following:

NoYes

Treatment for headaches by physician

NoYes

Treatment for migraine headaches by physician

NoYes

Treatment for epilepsy/seizures

NoYes

Treatment for brain surgery

NoYes

Treatment for meningitis

NoYes

Treatment for substance/alcohol

NoYes

Treatment for psychiatric condition (depression/anxiety)

Back

Next

Click “Yes” or “No”, if you have received treatment for any of the following conditions

Demographic Questions – Page 10

Secure <https://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html>

Demographics

Have you ever been diagnosed with any of the following conditions?

ADD/ADHD

No Yes

Dyslexia

No Yes

Autism

No Yes

Have you participated in any strenuous exercise and/or exertion in the last three hours?

No Yes

Back Next

Click “Yes” or “No”, if you have ever been diagnosed with any of the following conditions

Click “Yes” or “No”, if you have had any strenuous exercise and/or exertion in the last 3 hours, like a practice or game

Demographic Questions – Page 11

Securehttps://www.impacttestonline.com/htmltest/TestModules/Demographics/Demographics.html

Demographics

Date of last concussion:

MMDDYYYY

Hours of sleep last night (approximate if uncertain):

Current medication(s):

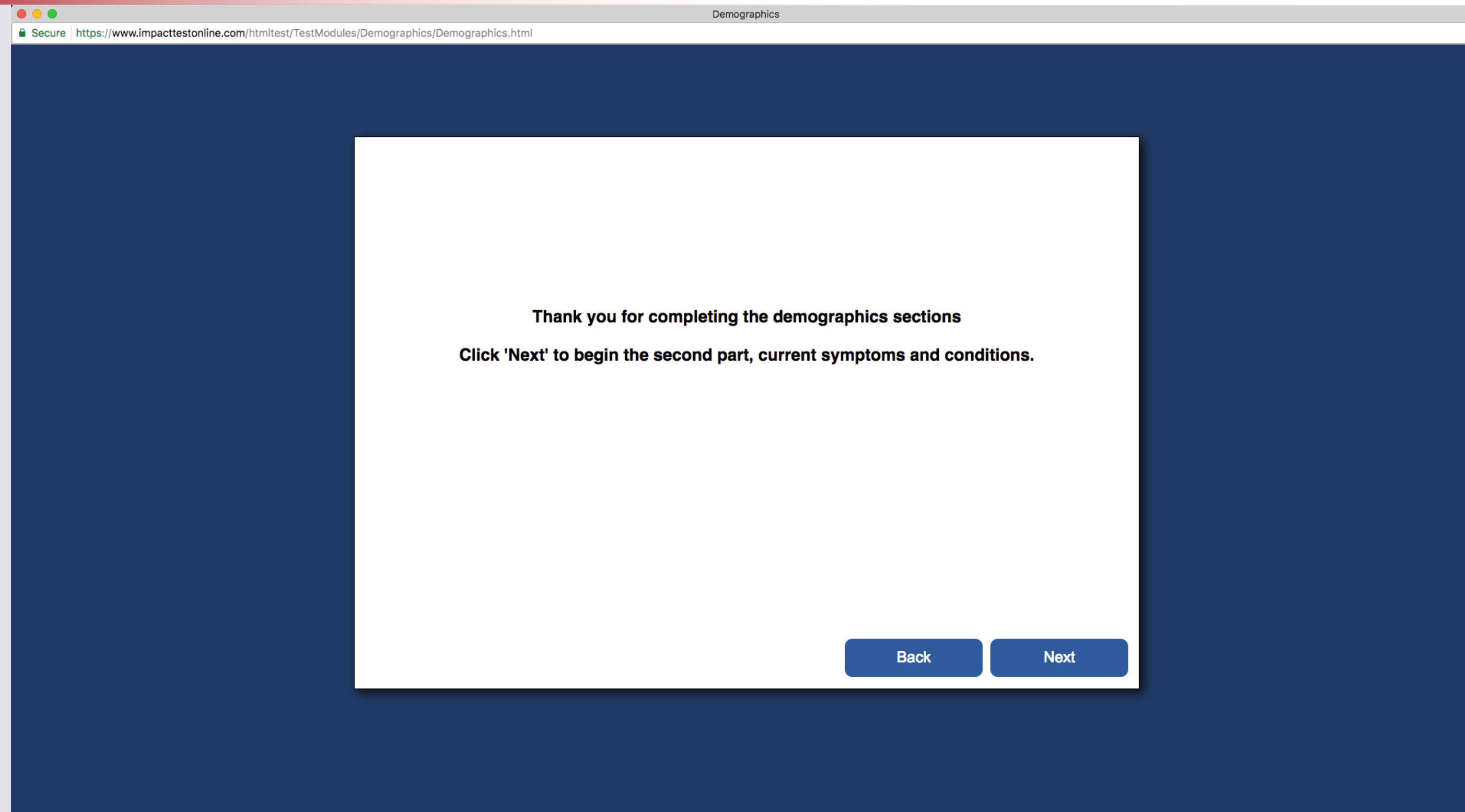
BackNext

From the pull down menus, put in the date of your last concussion that you have received, if you haven't had one then leave this line blank

Enter in the number of hours you slept last night

Please list all the medications that you are currently taking

Demographic Questions – Page 12



You have finished entering the demographic portion of the test

Click “*Next*” to start the symptoms part of the test

Symptoms and Conditions – Page 1

Symptoms

Secure https://www.impacttestonline.com/htmltest/ImPACTCommon/TestModules/Symptoms/Symptoms.html

Current Symptoms and Conditions - Page 1

Please click the box below that indicates the degree to which you are currently experiencing the following symptoms:

Headache

0

1

2

3

4

5

6

Vomiting

0

1

2

3

4

5

6

Nausea

0

1

2

3

4

5

6

Balance problems

0

1

2

3

4

5

6

Dizziness

0

1

2

3

4

5

6

Trouble falling asleep

0

1

2

3

4

5

6

0 = Not experiencing this symptom
1 = Barely noticeable
6 = Worst I have ever experienced

Next

Please respond to each symptom with either, “*Not experiencing this symptom*” or 1 through 6, 1 being mild and 6 being severe

Symptoms and Conditions – Pages 2, 3,

The next 2 pages will be completed the same way as the first page.

Current Symptoms and Conditions - Page 2

Please click the box below that indicates the degree to which you are currently experiencing the following symptoms:

Fatigue

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Sleeping too much

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Sleeping too little

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Sensitivity to light

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Drowsiness

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Sensitivity to noise

0	1	2	3	4	5	6
---	---	---	---	---	---	---

0 = Not experiencing this symptom
1 = Barely noticeable
6 = Worst I have ever experienced

Back

Next

Current Symptoms and Conditions - Page 3

Please click the box below that indicates the degree to which you are currently experiencing the following symptoms:

Irritability

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Feeling nervous

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Sadness

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Feeling emotional

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Numbness or tingling

0	1	2	3	4	5	6
---	---	---	---	---	---	---

Mentally 'foggy'

0	1	2	3	4	5	6
---	---	---	---	---	---	---

0 = Not experiencing this symptom
1 = Barely noticeable
6 = Worst I have ever experienced

Back

Next

Symptoms and Conditions – Page 4

Securehttps://www.impacttestonline.com/htmltest/ImPACTCommon/TestModules/Symptoms/Symptoms.html

Symptoms

Current Symptoms and Conditions - Page 4

Please click the box below that indicates the degree to which you are currently experiencing the following symptoms:

Feeling too slow

0

1

2

3

4

5

6

Difficulty concentrating

0

1

2

3

4

5

6

Memory problems

0

1

2

3

4

5

6

Visual problems

0

1

2

3

4

5

6

0 = Not experiencing this symptom

1 = Barely noticeable

6 = Worst I have ever experienced

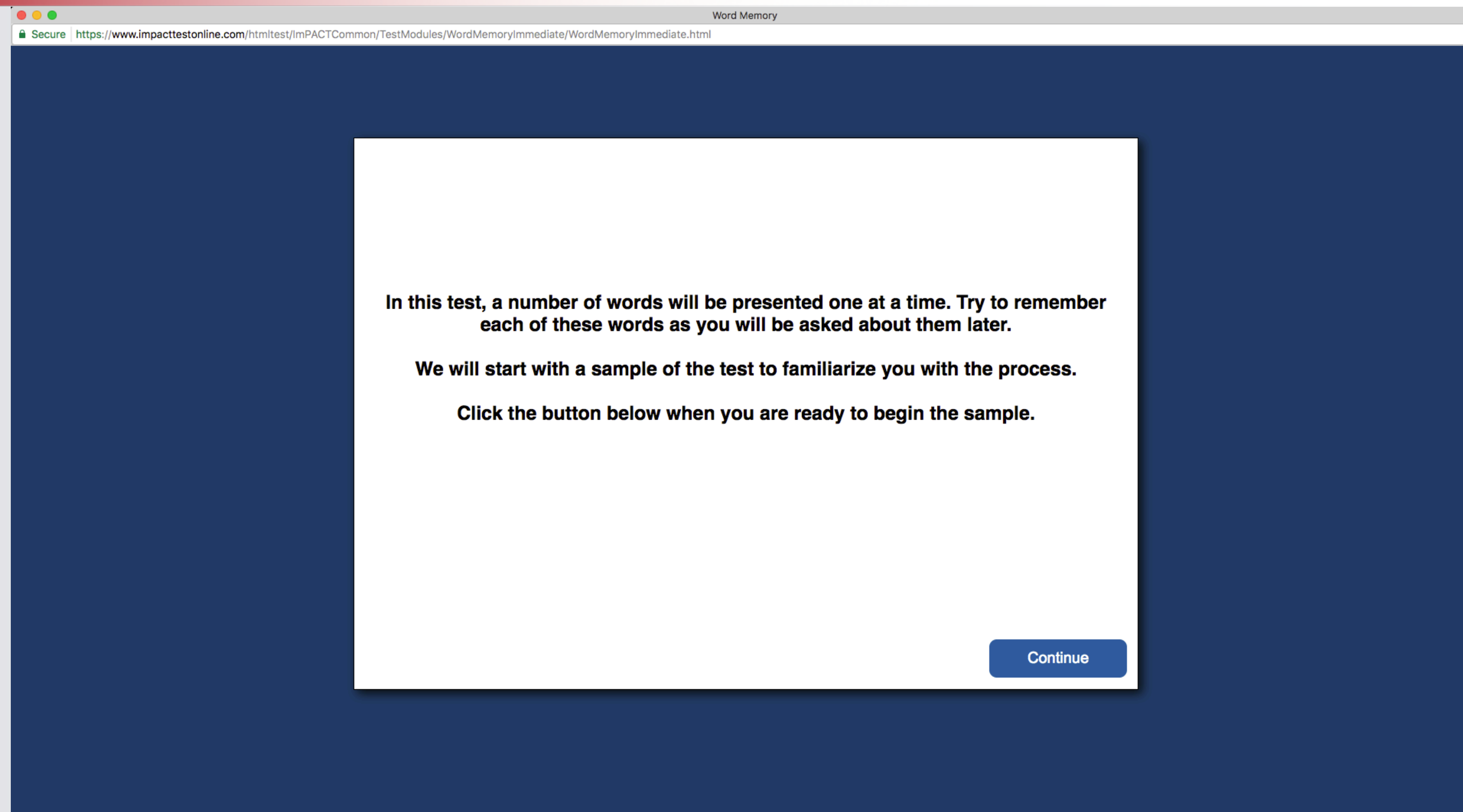
Back

Next

Page 4 of the Symptoms and Conditions, only has 4 symptoms on it

Players may continue on to the test when they are ready, remembering not to disturb other test takers.

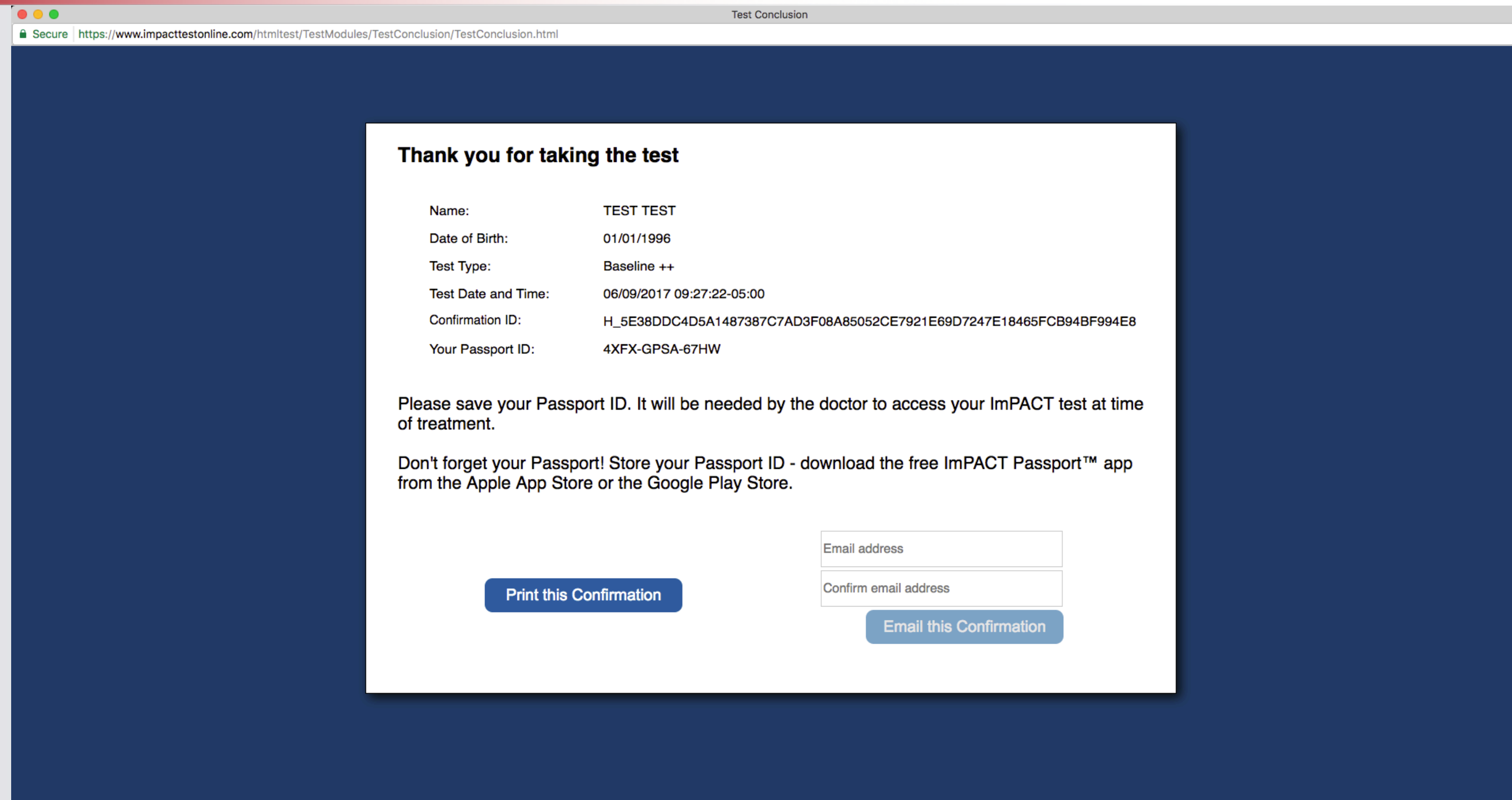
Start of the ImPACT Test



This is the Screen you will see at the start of the test

It is important to remind the players how important this test is and that they should work at their own pace, also remind them that it is not a race between each other to finish first

Completion of the ImPACT Test

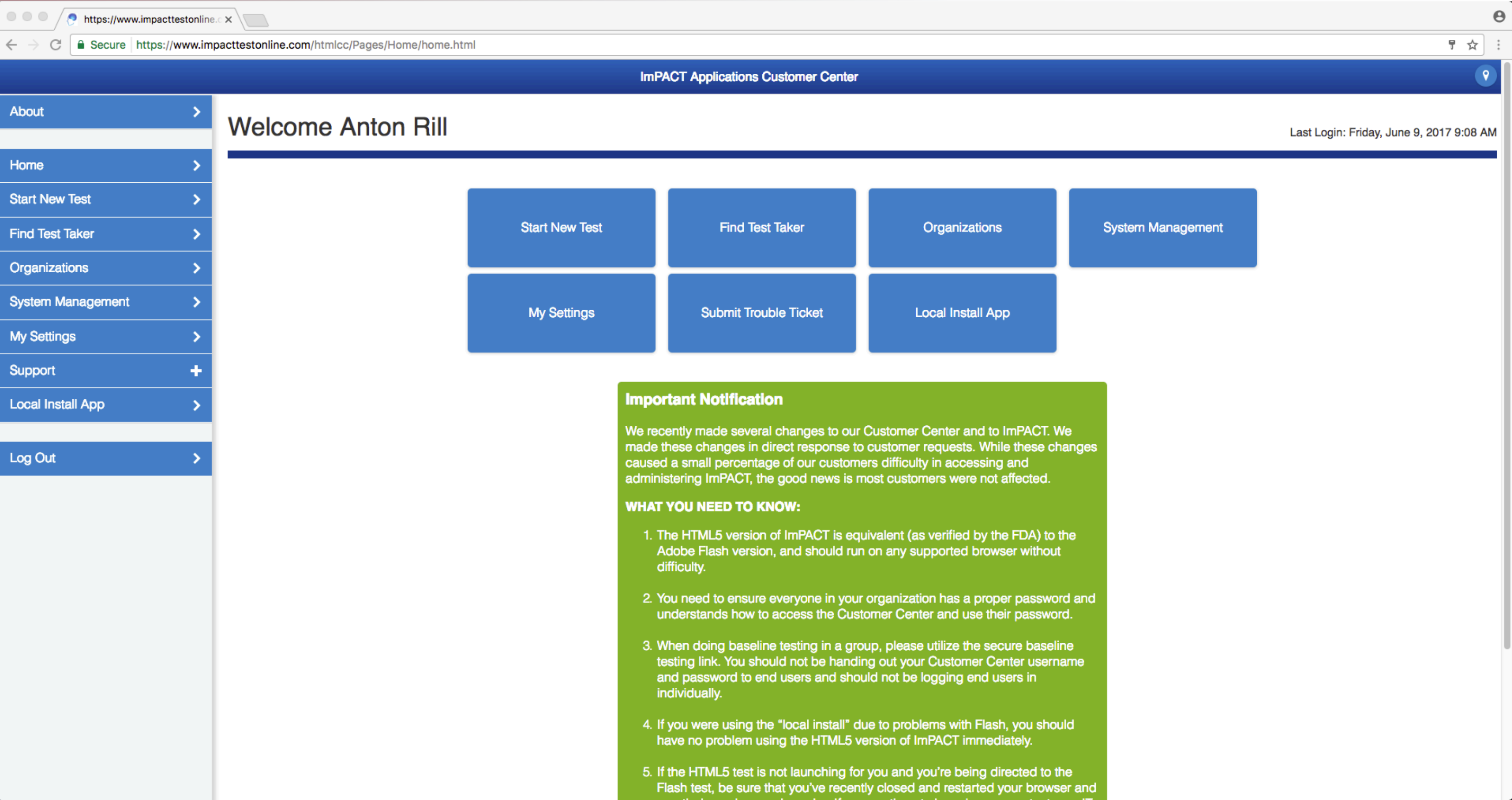
A screenshot of a web browser window showing the 'Test Conclusion' page. The browser's address bar displays 'Secure https://www.impacttestonline.com/htmltest/TestModules/TestConclusion/TestConclusion.html'. The page has a dark blue background with a white central box containing the test results. The results include: Name: TEST TEST, Date of Birth: 01/01/1996, Test Type: Baseline ++, Test Date and Time: 06/09/2017 09:27:22-05:00, Confirmation ID: H_5E38DDC4D5A1487387C7AD3F08A85052CE7921E69D7247E18465FCB94BF994E8, and Your Passport ID: 4XFX-GPSA-67HW. Below the results, there is a message: 'Please save your Passport ID. It will be needed by the doctor to access your ImPACT test at time of treatment.' and another message: 'Don't forget your Passport! Store your Passport ID - download the free ImPACT Passport™ app from the Apple App Store or the Google Play Store.' At the bottom of the white box, there are three buttons: 'Print this Confirmation' (dark blue), 'Email address' (text input), and 'Confirm email address' (text input). Below the 'Email address' and 'Confirm email address' inputs is a button labeled 'Email this Confirmation' (light blue).

This is the Screen that you will see if the test saved correctly

There is no need to print this confirmation, or to email, you will be able to log into your account and see all tested individual's baseline tests.

Just close the window to conclude the testing

To check who has taken a valid test



From the main menu,

Please click on “*Organization*”

Instructions to generate an Organization Report

The screenshot shows the ImPACT Applications Customer Center interface. The sidebar on the left contains links: Home, Start New Test, Find Test Taker, Organizations, System Management, My Settings, Support, Local Install App, and Log Out. The main content area is titled 'Organizations' and includes a 'Select an Organization:' section with two dropdown menus. The first dropdown lists 'NWSL', 'US Soccer Federation', 'USSF Development Academy Men', and 'USSF Development Academy Women'. The second dropdown lists '(other)' and 'U.S. Soccer Federation'. Below this, the 'Customer ID Code' is '92068a3927' with a 'Copy Code' button. The 'Role' is 'Baseline and Post-Injury test administration, view all test results' and 'System Management Privileges' are 'Yes'. A navigation bar has three tabs: 'View Org Report' (active), 'View Test Statistics', and 'View System Managers'. The 'View Org Report' section includes 'Starting date (required...MM/DD/YYYY)' and 'Ending date (required...MM/DD/YYYY)' pickers, a 'Product' dropdown set to 'ImPACT', and a 'Choose the fields to include in the report:' section. This section has checkboxes for 'Include archived records' and 'Include all organizations I have access to'. Below are four groups of checkboxes: 'Name' (checked), 'Date of Birth', 'Age When Tested', 'Test Date', 'Admin Name', 'Organization', 'Passport ID'; 'Gender' (Male, Female); 'Test Type' (Baseline, Baseline ++, Post-Injury 1, Post-Injury 2, Post-Injury 3, Post-Injury 4); and 'Sport' (Archery, Badminton, Baseball, Basketball, Bass Fishing, Boating Related). There are 'All' and 'None' buttons for the Sport group and a 'Search' button at the bottom right.

In this box, please pick your organization

Click on "view Org Report"

Select a starting date, please select the date that you started testing for the current season

Select an end date (todays date)

Click on name and date of birth from 1st column

From the column with Test Type, please click on "Baseline" and "Baseline++"

Click on Search

Instructions to generate an Organization Report

https://www.impacttestonline.com/htmlcc/Pages/Organizations/organizations.html

ImPACT Applications Customer Center

☒ Name

☒ Date of Birth

☐ Age When Tested

☐ Test Date

☐ Admin Name

☐ Organization

☐ Passport ID

☐ Gender

☒ Male

☐ Female

☒ Test Type

☒ Baseline

☒ Baseline ++

☐ Post-Injury 1

☐ Post-Injury 2

☐ Post-Injury 3

☐ Post-Injury 4

☐ Sport

AllNone

☐ Archery

☐ Badminton

☐ Baseball

☐ Basketball

☐ Bass Fishing

☐ Boating Related

Search

Total records found: 76

Click a column heading to sort

	Date of Birth	Test Type
	06/24/1998	Baseline ++
	11/17/1997	Baseline
	02/14/1999	Baseline
	08/13/2001	Baseline
	02/05/1995	Baseline
	02/02/2000	Baseline
	05/29/1992	Baseline
	05/03/2000	Baseline
	02/02/2000	Baseline
	06/27/1992	Baseline
	03/27/1995	Baseline
	11/22/1995	Baseline
	02/26/1993	Baseline
BRIGMAN, GREGORY	02/27/1987	Baseline
CAMPBELL, CAROLYN	02/17/1995	Baseline

Print

Export CSV

This will bring up a report in the box below

Here you will be able to see who has taken the test

Please note that if a Baseline++ is listed in the test type then the player will need to retest, as a Baseline++ is an invalid test

We thank you for your attention
to this very important matter.