



St. Vincent  
Sports Performance

## **ImPACT Baseline Test Directions**

- Test **MUST** be taken using a mouse.
- Test **MUST** be taken in an environment FREE FROM DISTRACTIONS. It requires your complete attention.
  - This means no music (iPods etc), cell phones, dogs barking
- About 30-40 minutes of uninterrupted time is required for the test to be completed

## **COMPLETING THE TEST**

1. Using a computer connected to the internet go to:  
[www.impacttestonline.com/athletesconcussionalliance](http://www.impacttestonline.com/athletesconcussionalliance)
2. Click on the button that says "launch Baseline"
3. You will be asked for a "customer ID code": Enter 4RVS43NCKJ
4. Click on "launch Baseline" again.
5. Select the appropriate language.
6. Please take the time to read the instructions "before you begin..."
7. Click "Next".
8. Read "The ImPACT testing process is made up of..." then click "next".
9. Click "unsupervised"
10. In the "School/Organization" drop down box please select your appropriate organization. Your team is listed as "Indianapolis CYO"
11. Fill in your demographic information. The only identifying information collected is date of birth, name and organization. No other personal information is recorded.
12. Put down dates of any previous head injuries suffered.
13. Be sure to list all medications and number of hours slept last night.
14. Move forward to answer the questions about how you feel. This is asking about how you feel at the moments before taking the test.
15. Click next to start the test.
16. Parents now need to leave the room to give the athlete an environment with no distractions
17. Take time to read all the instructions for the test.
18. It should take about 25 minutes to complete from this point.
19. Once completed, the results are stored should they ever be needed for comparison after an injury. Otherwise they are never looked at and they are stored indefinitely.



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# Athletes Concussion Alliance

Thank you so much for your interest in head injuries and athletes.

The instructions for the baseline testing will get you to the point where your athlete can create a baseline neurocognitive test. This test is not an IQ test but represents the way the brain handles information. The idea behind this test is not new and actually dates back to the 1960's when a version of the test was created with paper and pencil. This test was then created in the late 1990's to take advantage of the computer. The baseline test that the athlete will create serves as a look at how the brain functions under normal circumstances. Should the athlete ever unfortunately suffer a head injury then the test can be repeated at that time (there are 4 different versions of the test used after injury so the athlete can not memorize the answers). With this completed a direct comparison can then be made to the previous point in time. It must be stressed that this testing is only one tool that is used to help an athlete that has suffered a mild traumatic brain injury to make a safe return to play. But over the last decade, a time that we have learned massive amounts of information about this injury, a great deal of research and expert opinion shows that it is an important part of safe return to play.

Should an athlete suffer a head injury they need to be evaluated by a clinician with specific training in concussion management. This will offer them the most up to date care and ensure a safe return to play can be achieved.

Please recognize that a mild traumatic brain injury is a physiologic injury to the individual nerve cells in the brain. This injury will not show up on a CT scan or an MRI. Even if these tests are completely normal the athlete still could have suffered a concussion. There currently is no "treatment" for a concussion, but we do manage them by limiting an athletes risk to a second injury or prolonged symptoms. Physical and cognitive rest are keystones to this treatment. At the time of the injury the brain needs more blood flow and subsequent glucose available for healing and physical exertion steals this blood by shunting it to the working muscles. Cognitive exertion can stimulate areas of the brain that are injured and increase symptoms also.

The Athletes Concussion Alliance is a statewide organization of clinicians that currently encompasses about 75 physicians, more than 180 schools and organizations. We depend on grants to pay for these baseline tests and educational information. If you or your company would like to join forces with us please send an email to [twarnold@acaindiana.com](mailto:twarnold@acaindiana.com). Please take the time to talk with your athlete about head injuries and how important it is to report symptoms of a head injury. Should you have any questions or concerns please use our web site as a resource. Visit [www.acaindiana.com](http://www.acaindiana.com)



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