For the 2018-19 academic year, the University of New England College of Osteopathic Medicine will be administering the ImPACT Baseline neurocognitive test to all club sport athletes. The ImPACT Test looks at how your brain functions. If you receive a concussion, a Post-Injury ImPACT test will be administered and compared to your ImPACT Baseline Test. This will assist your Health Care Provider in diagnosing and treating your concussion for a safe return to sports and academics. Following are instructions for you to take this at home. If you did NOT do a baseline test last year, OR if you DID have a concussion last year, you MUST complete this assessment prior to being allowed to participate in ANY team activity, including practice!

What you need to know before you take the test to get a quality ImPACT baseline test result:

**For you:**
1. Get a good night’s sleep – 6 to 8 hours
2. Take at least 3 hours after strenuous exercise.
3. No alcohol or drugs.

**For your computer:**
1. Laptop or desktop with a wired mouse – NO Tablets.
2. Laptop plugged in.
3. Close all applications.
4. Disable pop-up blockers if using Firefox or Internet Explorer.

**About the test:**
1. Complete demographic cheat sheet prior to taking test.
2. Allow 45 minutes – demographics and the 6-module test.
3. The environment should be quiet with no interruptions.

**Before you start the test:**
1. Read directions for each of the 6 modules twice before starting the module.
2. Complete as fast as possible, but as accurately as possible.

**Taking the test:**
1. Go to: www.impacttestonline.com/testing
2. Enter Customer Code – e77bf97333
3. Click “Validate”
4. Select Organization – University of New England College of Osteopathic Medicine (this is for all athletes – this program is being run through COM)
5. Click “Launch Baseline Test”
6. Once you start, you must complete the test (until you reach the Print Receipt screen).
7. Print, if you are able, and give your test completion receipt to your coach when you arrive on campus.
8. If you stop or interrupt the test, it will not be saved. You will need to start again from the beginning.

***If it is determined that your baseline test is invalid, you will need to schedule a time with a provider to take it again. You will not be able to participate in your sport until this is complete.***

If you have questions or issues, please contact:

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