**Directions for ImPACT Test at Home**

Due to the inability of using computers inside the school at this time, you will need to complete a Baseline ImPACT Test at home. This test is creating a baseline in the event of a concussion or head injury. It is one tool that we use to gauge whether you are back to your specific “normal” in terms of your cognitive ability.

You will need:

* A quiet, uninterrupted environment for 30-40 mins.
* A computer WITH a mouse. You can NOT use a laptop with a touch pad or an ipad or phone. If you do not have one, please email Heather at [hhellem@cvs.k12.mi.us](mailto:hhellem@cvs.k12.mi.us)

Directions:

* Open up CHROME and go to the internet and go to: [www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)
* Enter the following code: **4X458VK8LY**
* Click: Validate
* Click on the drop down menu to select an organization - Scroll and select: Chippewa Valley HS
* Click: Launch Baseline Test (If there are words blocking the button and you are unable to click it, go under settings and reduce zoom of the screen until button becomes accessible)
* Choose your language
* Enter your name as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and fill out the rest of the information. You should be clicking mouse and using an external mouse, not a laptop.
* When asked, Click: Enter Additional Demographics
* Skip the address page
* Years of education completed: If you are in 9th grade, you would say 8, 10th – 9, 11th – 10, 12th – 11
* Pick your sport, no need to put a position, level of participation in high school, years at this level is how many years of HIGH SCHOOL athletics have you played (9th grade would be 0)
* Answer the rest of the questions to the best of your ability, including medications.
* Symptoms are CURRENT, meaning what you are experiencing at the time you take the test.
* Once the test begins, you will have 45 mins to complete before it times you out. Do not get up and walk away or you will have to restart. READ ALL INSTRUCTIONS carefully. At the end of the test, it will ask for an email address to verify, enter MY email: [hhellem@cvs.k12.mi.us](mailto:hhellem@cvs.k12.mi.us). Once email is verified, you may close out. The test will save automatically – you do not need to print anything.

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