

July 23, 2020

Dear Parents/Guardians,

All PHHS athletes will undergo baseline neurological testing as part of their physical assessment prior to sports participation. Concussions and other head injuries can be very serious and it is essential that we do our best to provide each student-athlete with the best possible care.

Current research has shown adolescents who sustain a head injury take longer to heal and often have neurological impairments even after symptoms have resolved. The Parsippany Troy-Hills School District has developed a Concussion Policy for all athletes beginning with the Spring 2011 Sports Season. This policy states an athlete with a suspected concussion must be evaluated and cleared by a physician trained in the treatment and management of concussive injuries, the athlete must be symptom free and complete a 6 step graduated exercise program under the direction of the school's Certified Athletic Trainer before being permitted to return to sports participation. Notes clearing the athlete sooner will not be accepted unless the note clearly states the athlete did not sustain a concussion.

The ImPACT testing software will be used to determine each athlete's neurological baseline. Baselines are established at PHHS every two years (9th & 11th grades). The ImPACT test can be taken at home or in the media center. Directions are included on page 2 of this notice. If the athlete is unable to complete the baseline prior to the start of the season, the Athletic Trainer will administer the test according to the schedule below. Those athletes who have a current, valid baseline will not need to take it again.

Athletes may be present at practice sessions but will **not be allowed to participate** until a current baseline is established and their paperwork has been released by the Nurse's Office.

If you have any questions or concerns, please contact Venita Carlo, the Certified Athletic Trainer at (973) 682-2815 ext. 2448 or Kathleen Kelly, the School Nurse at (973) 682-2815 ext. 2.

2020 Fall Testing Schedule (as of 7/23/2020)

For Incoming Freshmen, Juniors and any athletes who were not tested at PHHS since the beginning of last year, were unable to complete the testing online, and are interested in a Fall Sport should report:

August 26, 2020 @ 5:00 PM

Make-Up Session

August 27, 2020 @ 10:00 AM

ImPACT Baseline Testing Directions

Connect to the Internet using Chrome. Any other browser may cause the test to crash or freeze. If you encounter a problem with the test and are unable to complete the baseline, close out all programs and relaunch the program. Do not use an iPad or iPhone to take the baseline.

Navigate to the PHHS website, click on “Athletics”.

The link directly under the Viking head (ImPACT Schools Testing) will take you to the test site. You can also try typing in the website directly www.impacttestonline.com/schools

Once you are at the test website, chose “New Jersey” and launch the application.

You will be asked for the code – D65382BYUF

If you are blocked, or the code does not work, check the following:

1. Make sure you are NOT USING SAFARI.
2. If there is a box in the far right side of the address bar with a red “x”, click it and choose “allow pop-ups” then re-enter the code.
3. If there is a yellow bar across the top of the page, click on the preferences button on the right hand side and choose “Allow pop-ups” then re-enter the code.

If you encounter a pop-up screen while testing, choose to do it later or simply close it.

Read all screens carefully, work quickly and accurately. **TURN OFF YOUR PHONE!** Avoid any distractions during testing.

First Section takes demographic and personal information such as Name, sport, concussive history.

Second Section establishes current symptoms - all should be marked “**not experiencing**” for baselines if this is how you normally feel.

The testing section consists of 10 separate tests.

- 1) Word Memory – Become Familiar with the words. It will go through the list twice and then ask “Is this one of the words shown?” It will tell you if you are correct or incorrect. Do not get concerned if you have several incorrect responses.
- 2) Design Memory – What does it look like? Associating it with something familiar will help you to remember it. Again, do not get concerned with several incorrect responses.
- 3) X's & O's – Remember how many X's or O's are yellow. Click on the ones you think were yellow. It will turn blue when you select it.
- 4) Reaction Time (P & Q) – Go as fast as you can. Don't worry if you get a bunch incorrect. Just do your best.
- 5) Symbol Match (Viewed & Hidden) – It will start out with the symbols above the number box. Match the symbol at the bottom and click the corresponding number box. Then the symbols above the boxes will disappear. Try to recall where the symbol was and click that number box under where it was.
- 6) Color Match – Only click on the box when the color matches the word.
- 7) Number Grid – Go as quickly as you can from number 25 down to 1. Don't worry if you can't get them all before time runs out.
- 8) Letter Recall – What 3 letters were shown? Try to make a word out of the letters.
- 9) Word Recall – Same as the first test.
- 10) Design Recall – Same as the second test.

When the test is done, print out a confirmation page and return it **with your paperwork** to the school nurse. If you have already handed in your paperwork, you do not need to print out the confirmation page.