



Dear Parent/Guardian,

Once again, East Pennsboro will utilize the computerized ImPACT baseline testing program for the upcoming athletic year. This program is utilized throughout all levels of sports for recognizing and managing concussion-type injuries.

The ImPACT test takes about 45-minutes, is non-invasive, and is of no expense to you. The program is basically set-up as a “video-game” type format that give the brain a preseason physical examination of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration. The test is simple, most athletes tend to enjoy the challenge, and the program has gained recognition around the world.

If an athlete is believed to have suffered a head-related injury; then, the athlete re-takes the test during the season. The data comparison between the baseline test and the re-take helps determine the extent of the injury, which assists safer recovery and return-to-play decisions if a concussion had been sustained.

Athletes are required to take the ImPACT test online. Your child can take the test from any computer with Internet access. See the next page for detailed instructions on how to access the test. In order for an athlete to be permitted to participate in any sports season, the ImPACT test must be completed 1-week prior to the start of the athlete’s respective sports season:

*For fall sports, athletes must take the ImPACT test prior to August 3<sup>rd</sup>.  
For winter sports, athletes must take the ImPACT test prior to November 13<sup>th</sup>.  
For spring sports, athletes must take the ImPACT test prior to February 22<sup>nd</sup>.*

Please inform your athlete that the test should be taken seriously and completed in a quiet environment. This is not an annual test. Your child will only have to take the ImPACT baseline test once during their junior high sports career and once during their high school sports career. Those athletes transitioning into high school from junior high will need to take the ImPACT baseline test, as well as any new athlete to East Pennsboro.

Do not hesitate to contact the Athletic Office at (717) 901-4677 if you have any questions regarding the ImPACT test. Best wishes for a healthy and successful season!

Sincerely,

Kyle Shireman, ATC, LAT  
Licensed Athletic Trainer  
East Pennsboro Area School District

**By taking the online version of the ImPACT test, the participant provides his/her understanding and consent.**



## ImPACT Test Instructions for EPASD Student-Athletes

ImPACT testing typically takes between 45 to 60-minutes to complete. The test should be administered in a quiet environment with no distractions such as noise or interruptions, to ensure the best performance. In addition, before taking the test, please make sure you are well-rested, well-hydrated, and as comfortable and alert as possible.

Student-athletes are required to take the ImPACT Baseline Test *once prior to beginning their middle school sports career and once prior to beginning their high school sports career at East Pennsboro Area School District.*

If an athlete is believed to have suffered a head-related injury; then, the athlete re-takes the test during the season. The data comparison between the baseline test and the re-take helps determine the extent of the injury, which assists safer recovery and return-to-play decisions if a concussion had been sustained.

### PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:

**Step 1:** Go to [impact.wellspan.org](http://impact.wellspan.org)

*\*If you are having trouble accessing the test, turn off your "pop-up blocker"*

**Step 2:** Scroll down to select "ImPACT"

**Step 3:** Scroll down to "Baseline Testing: Getting Started" and select "East Pennsboro Area School District"

**Step 4:** Enter the password when prompted, the password is: **panther**

**Step 5:** Enter the "Customer Code" when prompted, the "Customer Code" is: **F9B5D5E8D1**

**Step 6:** Follow the instructions to complete the test

Please Note: You will not receive a final score at the end of the test. Your baseline information will be stored for future reference, should a head-related injury occur.

Questions or Concerns about the ImPACT Test?

Contact **Kyle Shireman, ATC, LAT**

EPASD Athletic Trainer

**CPRS Physical Therapy**

E-mail: [kshireman@epasd.org](mailto:kshireman@epasd.org)

School Cell: (717) 576-6700