

Dear Menlo Athletics Families,

Due to Covid-19 and the altered CIF Calendar the Menlo Sports Medicine Department has made some changes to our usual baseline concussion testing procedures. Please read the following carefully as this testing must be completed before participating in any on-campus OR virtual training with a Menlo coach.

- 1) We will be asking student-athletes to complete Impact computerized testing at home. See page 2 for instructions on how to complete this. If for any reason you are not able to complete the testing at home, please contact Aubrey Fennell, [afennell@menloschool.org](mailto:afennell@menloschool.org).
- 2) BioSway Balance testing will be held on campus individually in the Athletic Training Room.
  - You can schedule an appointment for BioSway at this link: <https://MenloSportsMedicineAppointments.as.me/>
- 3) Before attending balance testing you must first have completed all Magnus requirements as well as the Impact test.

I thank you all for your patience, flexibility and understanding. Please do not hesitate to contact myself if you have any questions or concerns.

**Aubrey Fennell, ATC**  
Head Athletic Trainer  
Menlo School  
[afennell@menloschool.org](mailto:afennell@menloschool.org)

## **Impact Testing Instructions**

*To ensure a valid test, please follow these instructions. It is very important that you are able to fully concentrate during the entire testing. Poor performance will result in an invalid test and require a retake!*

- Set aside at least 30 minutes in a quiet room with no distractions to take the test.
- No headphones or cell phone use during the test.
- Discuss with siblings and family members about the importance of the test to avoid interruptions or distractions.
- Note that the test will begin by asking you background questions called the demographic section. There are 6 tests sections called modules. These include word memory, design memory, X's and O's, symbol match, color word match and three letters.
- Take your time to read each section's instructions very carefully.
- Other than the initial demographics section do not ask anyone to help you with your performance on the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.

## **To Begin Testing**

1. Log onto [impacttestonline.com/testing](http://impacttestonline.com/testing) on a laptop or desktop computer only. No tablets or phones!
2. Before continuing, make sure of the following:
  - a. Your computer is plugged into an electrical outlet.
  - b. Test environment is quiet and distraction-free.
  - c. You are well-rested and have not done vigorous exercise in the past 2 hours.
  - d. Cell phones and other devices are turned off or away from the testing area.
  - e. You're sitting at a table or desk with a flat hard surface.
  - f. All other browser tabs and programs are closed.
  - g. You're using an external mouse.
3. When you are ready to begin the test, enter the Customer Code **43aa06549e** and click "Validate".
  - a. Select "Launch Baseline Test"
  - b. DO NOT SKIP ADDITIONAL DEMOGRAPHICS!
  - c. Please note our contact with Impact does now allow for unlimited baseline tests. Do not share the customer code or take additional tests.

4. Your test results will not be displayed once you complete the test. All results are password protected and will be reviewed by Menlo Sports Medicine staff.