

ImPACT Test Information

According to Arlington Public Schools policy implementation procedures for Students and Concussion (25-3.5), neurocognitive testing is provided as one measure of concussion management for secondary student athletes. APS will baseline test student-athletes engaged in contact/limited-contact sports as well as students with a known concussion history.

The ImPACT Test that is the most widely used computerized neurocognitive test to help evaluate and manage concussions. APS uses ImPACT to establish a baseline score and as a post-injury assessment.

1. Baseline Test – Administered by a physician, nurse, athletic trainer, athletic director, or coach before the start of a sport season, employment period, school year, or other activity. Baseline scores are collected and stored on our HIPAA compliant server. ImPACT recommends re-administering the baseline test every two years.
2. Post-Injury Test – Administered after a concussion is suspected. A licensed healthcare provider compares test results to baseline scores and/or normative data scores.

ImPACT is not a diagnostic tool and only a licensed healthcare professional can diagnose and treat a concussion. Instead, ImPACT can be used before and after a licensed healthcare provider has determined that a concussion has occurred:

- In addition to establishing neurocognitive performance baselines, healthcare providers use ImPACT test scores as an important component of their assessment of an injury.
- Post-injury test scores may be used by a licensed provider to inform an effective concussion treatment course of action.
- ImPACT may be administered multiple times after a clinician has diagnosed a concussion—scores can be used to help measure rehabilitation and to consider whether to return an injured individual back to activity.

ImPACT is a 25-minute online test on a desktop computer delivered on a secure web portal. In APS, the test is administered in the presence of an athletic trainer, athletic director, or trained coach. Only a licensed healthcare provider can administer an ImPACT post-injury test.

When ImPACT is delivered in a controlled environment according to recommended specifications, it provides highly reliable neurocognitive data that measures attention span, working memory, sustained and selective attention time, non-verbal problem solving, and reaction time.

For more information, please contact your school's athletic trainer, director of student activities or student activity coordinator.