

# ImPACT Testing Instructions

An ImPACT test should be taken every two years in order to be eligible for contact sports at Mounds View High School. If you are unsure if you/your athlete needs a new test, or if you have any other questions, please contact Katie Espe via email at [Kespe@summitortho.com](mailto:Kespe@summitortho.com).

To take your ImPACT at home please follow these directions:

1. This test works best when you use a mouse, but a laptop with trackpad will work also. **The test cannot be taken on a tablet.** Please ensure you have at least 30-40 minutes to dedicate to your test. Please try to find a quiet place alone and do not accept any help from anyone else.
2. Go to [www.impacttestonline.com/testing](http://www.impacttestonline.com/testing) (DO NOT USE SAFARI AS YOUR BROWSER. GOOGLE CHROME WORKS BEST)

The page will look like this:



Please enter your Customer Code:

3. Enter the code: **N63E2MR3G8** and choose “Mounds View High School”
4. Begin your test by entering your personal information. Please use your FULL name (i.e. Michael not Mike).
5. When you get to the option to skip or enter additional demographics, please choose SKIP.

Skip Additional Demographics

Enter Additional Demographics

6. When filling out the symptom pages, 0 = you feel normal for yourself. If you feel completely normal for yourself, please choose all 0's! (for example, one symptom is blurry vision; if you have poor vision and wear glasses/contacts you would still 0, because that is normal for you)
7. Take your time, read the instructions, and complete the test to the best of your ability. This is not a pass/fail or grade; it just lets us know what is normal is for you.
8. At the end of the test you DO NOT need to email or save your confirmation anywhere – it gets saved in the testing system.