**ATTENTION PARENTS AND STUDENT-ATHLETES**

ImPACT Test Instruction Guide

ImPACT Test is a baseline exam given to each athlete that participates In sports at Notre Dame Green Pond. This test serves as a baseline for you child specifically if they were to sustain a head injury. Many doctors utilize this tool, however, there are many determining factors that play a role in what is defined as a head injury as well as a return to play guideline.

Notre Dame requires every student-athlete to take this baseline test every two years. Generally, it is takin in **7th, 9th, and 11th grades**, however, **if your student-athlete is new to NDGP or to sports, they will need to take this exam regardless of their level in school.**

The test is simple and can be taken at home. It should be taken before for the first day of competition (or sooner if possible). It will take approximately 30 minutes to complete. Please read the directions for each section thoroughly and take your time.

HOW TO TAKE THE EXAM:

1. Visit [www.impacttestonline.com/testing](http://www.impacttestonline.com/testing)
2. When prompted for the customer code enter: **AZYV8QSNXT**
3. Select Notre Dame High School Green Pond
4. Do not close the screen out until the test is complete.

**THIS TEST MUST BE TAKEN ON A LAPTOP OF DESKTOP**; YOU WILL NOT BE ABLE TO COMPLETE THE TEST FROM YOUR PHONE OR A TABLET.

If you have any questions regarding this baseline test, please email me at Alianna.Kibler@sluhn.org

Thank you!

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Lead Athletic Trainer

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