Dear Student-Athlete,

The West Valley College Sports Medicine Department uses a concussion management program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). It involves an online, computerized exam that each student-athlete takes prior to the athletic season. We are asking our student-athletes to take the baseline test on their home computer. See the backside of this sheet for the website and important testing instructions.

If the student-athlete is believed to have suffered a concussion during competition, the exam is taken again, and the data is compared to the baseline test. This information is then used as a tool to assist our sports medicine staff and team physician in determining the extent of the head injury, monitoring recovery, and in making safe return to play decisions. All post-concussion tests, following a head injury, will be taken under the supervision of the sports medicine staff.

This software system is utilized throughout professional and collegiate sports, and has been mandated in the NHL. Used by over 20 NFL teams, MLB, US Soccer and numerous colleges and high schools across the country, it has become the "Gold Standard" in recognizing and managing head injuries. Additional information can be found at [www.impacttest.com](http://www.impacttest.com).

The exam takes about 25 - 30 minutes, and is basically set-up as a "video-game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration.

One of the reasons concussions are so dangerous is a condition called Second Impact Syndrome. If a student-athlete sustains a second concussion before completely recovering from the first, the results can be deadly. At West Valley College, we understand the competitive nature of intercollegiate sports, but our top priority is the health and safety of our student-athletes.

If you have any questions regarding this program, please feel free to contact the West Valley College Sports Medicine Department at (408) 741-2005.

Sincerely,

John T. Kao, M.D.  
Sports, Orthopedic & Rehabilitation Medicine Assoc.

Paul Starks, MA, ATC, PTA, CSCS  
Head Athletic Trainer

Anthony Saglimbeni, M.D.  
South Bay Sports & Preventive Medicine Assoc.

Meredith Dillon, MA, ATC  
Assistant Athletic Trainer
Important Instructions for ImpACT
Baseline Testing

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

• Set aside 30 minutes in a quiet room with no distractions to take the test.

• Turn off any televisions, radio, phone or anything else that can produce background noise.

• You must use a standard external mouse (no laptop track pads or anything other than a standard mouse)

• To take the baseline test, go to: https://www.impacttestonline.com/southbaysports/
  *(Do not use a a server like Bing, Yahoo etc. Enter website address after https:// at the very top of your screen) Enter the code: 84354B13E8
  - If you have trouble gaining access, please make sure your Pop Up Blocker on the computer is turned off!

• The test will begin by asking you background questions called “demographic” section.

• There are 6 test sections called “modules”. These include word memory, design memory, Xs and Os, symbol match, color word match and three letters.

• Take your time to read each section’s instructions very carefully. Each module is self explanatory.

• It is common to perform the color word match module incorrectly. Please read that section’s instructions thoroughly.

• Other than the initial demographic (background) information section, do not ask anyone to help you with your performance during the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.

• Your test results are not displayed once you are finished (all results are password protected).

• Thank you for participating in our ImPACT Concussion Management Program.

If you have any questions or difficulty finding the website for the baseline test, please feel free to call or email at:

Paul Starks, MA, ATC, PTA, CSCS  Meredith Dillon, MA, ATC
paul.starks@westvalley.edu  meredith.Dillon@westvalley.edu
office: (408) 741-2005  (408) 741-2005
cell: (408) 593-2117