



## **Wonderland Wizards ImPACT Test Concussion Management Program General Information**

### **Create an ideal testing situation:**

- Test when the player is calm, rested and awake (hard with a teenager to get all three – but do your best.)
- Test when the player has had 8 hours of sleep – sleep is important.
- Test when you know there is a 30 minute time frame available with no interruptions.
- If the player takes ADD or ADHD medicine, make sure they take this medication before the test.
- Remove all phones, pets, friends, radios, ipods, text devices from the room.
- Make sure the TV is off and the room is quiet of any distracting sounds.
- The computer must have a traditional mouse. Trackballs and touch pads will not provide accurate results.
- If you are taking your exam on a laptop computer, make sure it is plugged into an electrical outlet and is not running on battery power.
- Please close any applications other than ImPACT that are currently running on the computer.

### **Section 1 (Background Information)**

### **Section 2 (Current Symptoms)**

Please help the player with completing Section 1 and Section 2. These sections are used to gather some general and health related information on the player.

### **Section 3 (Analysis):**

In this section the parent cannot help once the test begins. You can give the player these tips before you leave the room:

- There are parts of the test where you can go as slow as you would like and parts that tell you to go as fast as you can — follow directions.
- Be sure the player understands where the right and left buttons are on your mouse.
- Be sure to follow instructions carefully when at the numbers' section — you must count **backwards** not forwards.
- Most important – read directions carefully on each section.