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Sports Health

Dear Parents and Athletes:


I would like to utilize the ImPact Concussion Management System for this upcoming season. This is a free of charge service provided by the Cleveland Clinic. It is a simple pre-concussion test that takes roughly 20 minutes to complete and can be done at home. The baseline test will serve as a benchmark for cognitive abilities and concussion-like symptoms prior to your suffering a concussion. Each baseline is good for two years. This allows us to compare your post-concussion results against your non-concussion test. In addition to this, we also compare your results to ðnormative dataö for your age group.

I would like all athletes participating in a contact or collision sport at Midview High School to have a baseline test on file prior to the first game. All testing is confidential and can only be accessed by myself. Please take care of this as soon as possible. Feel free to call or email me with any questions: n.metzger@hotmail.com or (419)234-3614.

Thanks,

Nicky Metzger, ATC
Midview Athletic Trainer
Cleveland Clinic Lorain

Taking the ImPact Test At Home

1. Open an internet connection and log onto sports-health.org (do not type www.)
2. Scroll down until you find the Impact Concussion Testing logo 
3. Click on the logo
4. Select ðLaunch Baseline Testö
5. Enter the code: **64T2UUGDVZ**
6. This should take you to the test. You are taking the test unsupervised and should identify yourself as ðMidview High Schoolö on the drop down menu.