

# IMPACT TESTING - ONLINE

For the 2020/2021 school year, all athletes/band/dance will complete ImPact baseline testing online at home.

What is Impact Testing?

- Impact Testing is a tool used by schools, universities, and sports teams to test and determine a concussion baseline score for individual athletes
- The test itself is about 20 minutes long and analyzes things like short and long term memory, reaction speeds, and other cognitive skills
- If an athlete sustains a concussion during a sport season they are required to take a “Post Injury” Impact test. The computer system will compare the baseline to the post injury test to ensure that the athlete has returned to normal brain functioning before he or she returns to play

## DIRECTIONS

STEP 1: Please take your test in a quiet environment on a computer

STEP 2: Go to: [impacttestonline.com/testing](http://impacttestonline.com/testing)

STEP 3: Type in the Customer Code: xy2ty25u8q (all lowercase)

STEP 4: Carefully select FOUNTAIN VALLEY HIGH SCHOOL

STEP 5: Launch “Baseline”

STEP 6: Follow instructions and complete the test

IMPORTANT NOTES: - Make your best judgement for height and weight, it does not need to be exact - Enter all Demographics - Input all information asked of you as accurately as possible.

When you are finished taking your test you do not need to print a receipt.

If you need to retake it for any reason Roger Holmes (Athletic Director) will communicate with you and your coach.