

Impact Testing at Home



This year we are having all athletes for the 2019-2020 school year complete the baseline Impact Test 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

How to:

- Please take your test in a quiet environment on a computer
- Go to: impacttestonline.com/testing
- Type in the Customer Code: **xy2ty25u8q** (all lowercase)
- Select MARINA HIGH SCHOOL
- Launch "Baseline"
- Follow instructions and complete the test
- Please note the following:
 - Make your best judgement for height and weight, it does not need to be exact
 - Input all information asked of you as accurately as possible
 - When the test asks about symptoms you may be experiencing select "0/ not experiencing this symptom". You do not have a concussion at this time, therefore none of these should apply.
 - When you are finished taking your test you do not need to email a receipt or print a receipt
 - If you need to retake it for any reason I will communicate with you and your coach