

## Volleyball Impact Testing

### What is the Impact test:

The Impact test is an online computer test used to test different aspects of brain function. This test is set up to record a baseline score of cognitive function in order to be used as a tool in the return to play process if an athlete sustains a concussion. It does not diagnose a concussion.

### Who needs to test?:

All incoming Freshmen, returning Juniors, all transfers, and any athlete who has not taken the test before (this could include Sophomores and Seniors), must take this test to establish their baseline on IMPACT before being eligible for practice.

### Complete the Impact Testing by August 9, 2021

### Here are the directions:

Athletes, when using your chromebooks, do not use VMWare when you log in. This program causes the test to run slowly and may cause you to have to re-take the test.

Go to: [www.impacttestonline.com/schools](http://www.impacttestonline.com/schools)

- there will be a box for you to enter the customer code
- enter the code FDB59F2F24 and click "**Validate**"

**\*\*if you copy and paste the above code, please make sure there is no space at the end of the code. You will not be able to click the "validate" button if there is a space\*\***

- "**Hillsborough High School**" should appear under the code box
- click "**Launch Baseline Test**" and your test will begin

Please follow all of the directions and fill in the drop down boxes.

**There will be a screen that appears after some initial demographics that will ask you to "skip additional demographics" or "enter additional demographics". Please click "enter additional demographics" and there will be a section that will ask you what sport you play. Please choose the sport in which you intend to participate in for the winter season.**

Make sure that you complete the test so you do not have to re-take it. There will be a screen at the end of the test stating that you have completed the test and will give you options to print or e-mail your results. You do not have to print or e-mail a receipt as your results will automatically be saved.

Please take your time, read the directions thoroughly, set yourself free from any distractions (ie: phones, television, video games, music, people who may cause distraction, etc.) and do your best on this test as your results are part of our return to play protocol should you sustain a concussion.

