**INSTRUCTIONS FOR IMPACT TESTING**

**(Concussion testing)**

1. Find a quiet room with a computer or laptop. If using a laptop, make sure the laptop is plugged into t a power outlet and choose track pad if you do not have an external mouse.
2. All other electronic devices need to be turned off to eliminate distractions (TVs, iPhone, Air Pods, Apple Watches, etc.)
3. This test will take approximately 20-30 minutes to complete.
4. Open your web browser; Internet Explorer if you have it. **Make sure your pop-up blocker is off.**
5. Go to <http://impacttestonline.com/testing/>
6. Enter the following customer ID Code: Y534CVPFGG
7. Select Cabell Midland High School
8. Click on Launch Baseline Test
9. Choose your preferred language
10. Enter additional demographics – your event/sport/position…is your position on the field?
11. **Read all the information on the screens and follow all the directions.**

CONTACT YOUR ATHLETIC TRAINER IF YOU HAVE ANY QUESTIONS OR CONCERNS

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