

FOUNTAIN VALLEY H.S. ATHLETICS

ONLINE CLEARANCE INSTRUCTIONS

All athletes/band/dance must submit their emergency information and sign the clearance forms online for each sport/activity they participate in. Please make sure you check each sport your student plays...Please do not check all sports, pick only the ones your child will try out for.

Returning Athletes: DO NOT create another account. You only need to switch school years!

STEP 1: Go to www.athleticclearance.com and choose CA.

RETURNING ATHLETES: Go to Step 3

STEP 2: **INCOMING ATHLETES** - Register for your account (you will need to remember your log in... you will do this for every sport/activity your child participates in while they are a student at Fountain Valley High School)

STEP 3: Login using the email address that you registered in STEP 2

STEP 4: Select "Start Clearance Here"

STEP 5: Choose school year 2022/23 ****Very important that the correct year is chosen****

STEP 6: Choose Fountain Valley (CIF/SS)

STEP 7: Choose the sports/activities your child will participate in

STEP 8: Fill out all information (student information – legal name and ID #, education history, medical history)

STEP 9: Read all forms - online signatures on all forms **are required by parent/guardian and student**

STEP 10: You will be emailed a consent page to print out and sign. **Student will bring this consent page to Activities (Not Coaches!) on their sport assigned clearance date and not before!**

STEP 11: Turn in the Physical (Both Pages/Sides) to your coach on the first day of summer camp! *You must have a completed physical on file to be able to participate in summer camp, try-out, or compete in any CIF contest.*

IMPORTANT NOTES: - Health Insurance requirement is a minimum coverage of \$1500.00 per Ed Code#32220-24 o If you do not have health insurance you can purchase school insurance by going to the following site: <https://www.myers-stevens.com/New/enrollment-page/> o If you purchase school insurance you must bring receipt with the signed consent form on your assigned clearance date - Physical must be on file with the Athletic Director (can be turned in to the Coach or Activities Office) - ImPACT concussion testing must be completed online - Once your child has turned in the physical, completed athleticclearance.com, turned in payments, and completed the impact testing online you will get a confirmation email.

IMPACT TESTING - ONLINE

For the 2022/2023 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

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.