

## Concussion Vital Signs: At-Home Baseline Testing

*Due to social distancing measures, we will be performing baseline concussion testing at home for the 2020-2021 academic school year. This test serves as a baseline measurement, should your child sustain a head injury during their respective season(s). Baseline testing serves as an objective tool for your child's athletic trainer and assists in a safe & methodological approach for return-to-play decision making.*

1. Find a distraction-free environment suitable for a 30-45 minute baseline test. (no music or background noises i.e. television)
2. You will need access to either a fully charged laptop or desktop computer, in addition to Wi-Fi/internet connection.
3. Browser: Google Chrome is preferred over Firefox / Internet Explorer.
4. Go to [www.concussionvitalsigns.com](http://www.concussionvitalsigns.com)
5. Click **athlete testing** (first blue box on the right)
6. Username: **Fivay** Password: **falcons** Device: **Laptop/Desktop**
7. Athlete ID: **Your Student ID #**
8. Confirm Athlete Reference/ID: **Your Student ID #**
  - a. Date of birth
  - b. Enter your **full name** even though it says optional
  - c. Assessment Type (**click these 3 boxes only ↓, DO NOT click sideline assessment**):
    - i. **Concussion Vital Signs**
    - ii. **Athlete Information and Medical History**
    - iii. **Concussion Symptom Scale**
  - d. Testing Supervision: **Supervised by parent/guardian (preferred) OR unsupervised**
  - e. Testing Environment: **Alone**
  - f. Confirm settings, select your test language preference, and click "okay" once you are ready to begin testing.
9. **Read the directions before each module.** If you **fail** your baseline test, you will need to **re-take**. Please do not waste yours or our time... take it seriously the first time around!
10. Once testing is complete you may exit Concussion Vital Signs. There is no need to print or send anything to the certified athletic trainer or coach. Your teams' athletic trainer, Rachel Lewis, will be in contact with you should you receive an invalid test result.
11. If you have any test-related questions, feel free to e-mail Rachel at [rachel.lewis@ptsolutions.com](mailto:rachel.lewis@ptsolutions.com).
12. Your baseline test is due by: **8/24/2020**

**A valid baseline measure is required prior to participation in your first in-season game.**