

Testing an Athlete



www.CONCUSSIONVITALSIGNS.com.

Concussion Vital Signs provides a flexible set of concussion tools enabling a more efficient approach to the management of concussions. The toolset includes a standardized quantitative view of neurocognitive function, sideline assessment tool, athlete-reported history, and a concussion symptom rating scale. Research has shown that an athlete's balance and/or cognitive functioning are often depressed following a concussion – even in the absence of self-reported symptoms. Baseline and assessing an athlete's cognitive state, tracking symptom resolution, and documenting past concussions are key components in assessing an athlete's concussion status. Concussion Vital Signs was developed with input from concussion experts to meet the needs of a variety of clients while supporting the most current and forward looking concussion guidelines.

Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.

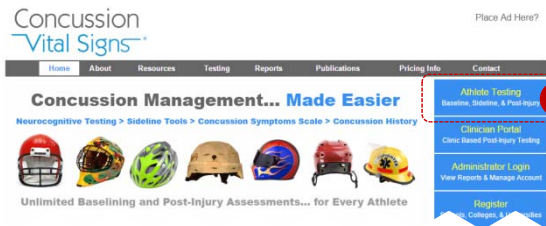
To Begin ATHLETE TESTING:

Username: crjhawks

Password: Jeff2020

Athlete ID: type in your name

Go to www.CONCUSSIONVITALSIGNS.com



1. CLICK the "Athlete Testing" button.



2. Enter in the Athlete Login the "Athlete Testing" USERNAME and PASSWORD (set-up at registration) to access testing.

3. The initial test screen will appear and the athlete will ENTER their name for Athlete Reference/ID and CLICK the Test Button.

Please be sure to use your Chromebook or something with a keyboard when taking this test!

- A RE-ENTER your name for Athlete Reference/ID (Athletes Unique Identifier)
- B ENTER ATHLETES BIRTHDATE using pull-downs.
- C Enter ATHLETE'S Full Name.
- D Select BASELINE for assessment type.
- E Select the Assessments to be administered.
- F Select Test Supervision Type
- G Select Testing Environment

On the next screen CLICK OK and the testing will begin.

Testing Tips:

Concussion Vital Signs is user-friendly and easily administered.

- Testing environment should be free from distraction e.g., quiet room (ear plugs, headphones) closed door, minimize window distractions, etc.
- Ask the athlete(s) to take a seat and make themselves comfortable while taking the test – Check arm health and hand positions (hand should be palm down and index finger available to respond to the keyboard), recent restroom visit, etc. Check for any challenges that might impede testing.
- Check that the athlete(s) can read the computer screen e.g., do they wear glasses, are they wearing them?
- **Turn off all cell phones, Tablets, etc.**

Testing Tips:

Reinforce that each athlete should carefully read the test instructions that precede each test. They should be encouraged not to take a break during testing. If they do so during one of the instruction pages, the browser may time-out depending on the browser settings. ***IMPORTANT:** The Athlete Reference/ID is generally assigned based on school/clinic policy and should be a unique identifier used throughout the athlete's career. **The baseline testing and post-concussion testing is produced into a longitudinal report by the accurate recording of the Athlete Reference/ID.**

Remember it is important for the athlete to give their BEST EFFORT!