

Taking your baseline concussion test at ConcussionVitalSigns.com

1. Go to website: <http://www.concussionvitalsigns.com/>
2. On right side of screen, click "Athlete Testing".
3. Log-in with username: dwsathlete & password: test123 and click "Athlete Assessment Login" button.
4. A new window will pop-up for you to enter your "Athlete ID". Please enter your Athlete ID in the following format: FirstNameLastName (no spaces & use the first name you actually go by).
5. After entering your Athlete ID, click "Take The Test"
6. At next screen:
 - a. Re-enter/confirm your Athlete ID again (enter it in the exact same format as you did on previous screen).
 - b. Enter the necessary information for your Birth Date.
 - c. Enter your full name with space between first & last name.
 - d. Choose "Baseline" as the assessment type.
 - e. For the assessments, check the following three options:
 - i. Concussion Vital Signs
 - ii. Athlete Information & Medical History
 - iii. Concussion Symptom Scale
 - f. For testing supervision, check either "unsupervised" or "supervised by parent / guardian".
 - g. For testing environment, choose "alone".
 - h. Click OK.
7. At the next screen, please confirm that all of the information shown is correct. Once you confirm everything is correct, click OK.
8. The test will now begin. It is divided into 9 parts. The entire testing process will take approximately 35 minutes to complete.

After completing the test, you will be asked questions about your background & medical history. Please answer each question completely & truthfully.

- Enter your height & weight (doesn't have to be 100% accurate, just your best guess).
- For setting, choose "high school" if you are in 9th-12th. Choose "Other" and enter junior high if you are in 6th-8th.
- For academic year, choose your grade. If in middle school choose "other".
- For eligibility year, enter the number of years you have been playing this sport at your current level. For example, if you are in 10th grade & this will be your second year playing varsity, enter "2". If you are a 8th grader & this will be your

third year playing c team, enter "3". If you aren't sure what to enter, just leave this one blank.

- Select your race, right or left handed, gender, & native language. If you fluently speak a second language, enter that in the last box of the screen. If not, leave it blank.
- Click Continue.
- At the next screen, enter the # of years of education that you have **completed**. If you are in 10th grade, you have completed 9 years. (ie. just subtract 1 from whatever grade you are going into).
- If you have taken the SAT or ACT, please answer the question regarding this. If not, just leave it blank.
- Answer YES or NO to the next five questions on the page pertaining to learning disabilities. Please answer these honestly.
- Click Continue.

- On the next screen (Sports Background), answer the questions about your primary sport & secondary sport (if applicable). List whichever sport is played first in the school year as your primary sport. If your sport is not listed in the drop-down box, then choose "other" and enter it in the text box beside it. **If you do not play a sport, leave these blank & click continue to go to the next section.**
- Enter your primary sport position (examples: wide receiver or quarterback for football, infielder or outfielder in baseball & softball, etc.). If your sport does not have designated positions or you are unsure, just leave it blank.
- For the "Years you have played this primary sport at current level" question, enter the # of years you have played the sport at the current level (varsity or junior varsity). For example, if this is your third year playing JV, enter "3", etc.
- Next enter the total number of years you have played this sport (at all levels).
- Answer the same questions pertaining to your secondary sport.
- Click continue.
- Answer the questions pertaining to your medical history (past concussions, etc.). **Answer every part of each question (such as choosing yes or no, etc). If any part is left blank in this section, it could freeze up the progress & require you to start over from the beginning.**
- Click "complete".

Lastly, answer the questions related to any possible symptoms that you may be feeling at this very moment. It will go through a list of 24 total possible symptoms (such as headache, dizziness, difficulty sleeping, etc.). If you are currently experiencing any of them, answer by clicking on the number (listed as a scale from 0-6 depending on severity) that corresponds to how you are feeling. If you are not currently feeling any of the listed symptom, choose "0" & then "Continue". Do this for each of the symptoms presented. Finally, answer the last two questions and then you are done!