

### Concussion Baseline Testing Instructions

- Modifications have been made to concussion baseline testing for the Fall season due to Covid-19.
- Any students who have participate in ELHS athletics in the past will not need to take the test this Fall.
- **All incoming 9<sup>th</sup> graders and new ELHS student-athletes** must take and complete a “valid/passing” concussion baseline test before participating in a Fall sport.
- It is extremely important that the student-athlete is the person taking the test. We are asking parents/guardians to help enforce the “honor system” to make sure it is not a friend/relative taking the concussion test. It is critical that student-athletes take their own test. If a student-athlete does not take his/her own test then this will delay and alter the safety of the athlete’s return to practice after a head injury.
- Completing the test is not enough to participate on the first day of sports. The student-athlete must have a “valid/passing test”. The student-athlete will not know if he/she has a “valid/passing test” until the athletic trainer reviews the results of the test. Athletes will receive a school email from the athletic trainer within 1 business day of taking the test to let them know if they completed a “valid/passing test”.
- Student-athletes may only take one concussion baseline test per day. If a student-athlete takes more than one concussion baseline test in a day then his/her results will be considered “invalid”.
- Any student-athlete who is unable to take the concussion baseline test at home will be permitted to schedule a time with the Athletic Trainer to take the concussion baseline test. If you would like to schedule a time to take the test with the trainer please email her at [Diane.Savacool@eastlongmeadowma.gov](mailto:Diane.Savacool@eastlongmeadowma.gov)
- Tips for taking the Concussion Baseline Test
  - a) Read the directions before you start each section of the test.
  - b) Take your time.
  - c) Make sure you are hitting the correct buttons for each test (space bar, enter, or right/left arrows)
  - d) If you don’t follow the directions you will have to retake the entire test due to a “invalid score”.
  - e) Most tests have practice tests first to help prevent “invalid scores”.
  - f) Take the test in a quiet environment where you are able to concentrate
  - g) Test must be taken on a computer and should not be taken on a tablet or phone
- Instructions for registering to take the Concussion Baseline Test (Use correct capital/lowercase letters!!!!!!)
  1. Log onto [www.concussionvitalsigns.com](http://www.concussionvitalsigns.com)
  2. Click on Athlete Testing (top right corner of the screen)
  3. Enter the username: Elhssports (this is the same for everybody and you must use a Capital E)
  4. Enter the password: #Summer2014 (this is the same for everybody and you must use a Capital S)
  5. Click on athlete assessment log in
  6. Enter Your first name, your middle initial, and your last name all in lowercase letters without any space in between. This is your athlete id (example: johnjsmith)
  7. Click take the test
  8. In the confirm athlete reference/id top box re-enter your athlete id (see #6 example: johnjsmith)
  9. Confirm or input your Birth Date
  10. Confirm or input your Full Name
    - Assessment Type= Click on Baseline
    - Assessments= Click on Concussion Vital Signs
    - Testing Supervision= Supervised by parent/guardian
    - Testing Environment= Alone
  11. Confirm your info and click OK. Click OK again and your test should begin