



CONCUSSION VITAL SIGNS (CVS) BASELINE TESTING INFORMATION

REQUIREMENTS:

- **Take the test in a quiet, distraction free environment.**
- The test must be taken in one sitting.
- It will take approximately 20-40 minutes and should be completed without help or distraction.
- Use a desktop computer or a laptop placed on a firm surface such as a desk or table
- Do NOT use a wireless keyboard
- Make sure you have a reliable internet connection
- Close ALL other programs and browser tabs before starting the test
- Use Google Chrome or Firefox browser to access the website. If possible, clear the cache/cookies on your computer before starting the test.
- NO cell phones, music, or other devices may be used during testing

TESTING INSTRUCTIONS (FOLLOW STEP-BY-STEP):

(Wait until your coach tells you to complete your testing.)

1. Go to: **www.concussionvitalsigns.com**
2. Click **“Athlete Testing”**
3. Enter the username: **Hathlete** Enter the password: **Rebels1**
4. Device type: select **“Laptop or Desktop”** Click **“Athlete Assessment Login”**

5. For Athlete ID - **Enter your Howell HS ID#**
6. Click **“Take the Test”**
7. Confirm Athlete Reference/ID: **re-enter your Student ID**
8. Enter: **Birth Date**
9. Enter: **Full Name (NOT optional) Include the name of your sport in front of your name.** For example: Football Jack Smith
10. Assessment Type: **“Baseline”**
11. Under **Assessments:** select the first 3 boxes:
 - a. **Concussion Vital Signs**
 - b. **Athlete Info & Medical History**
 - c. **Concussion Symptom Scale**
12. Test Supervision: select one
13. Testing Environment: **“Alone”** Click: **“OK”**
14. Confirm settings: select - **“English or Spanish”** Click **“OK”**
15. The test will now begin:
 - READ ALL DIRECTIONS CAREFULLY
 - Once you start, you CANNOT stop the test; if you need to take a quick break, do so between testing sections
 - FOCUS AND COMPLETE THE TEST TRUTHFULLY, AND TO THE BEST OF YOUR ABILITY
16. Once you have completed the test, you will need to complete 3 pages of **Athlete Information & Medical History** and 2 pages of **Concussion & Medical History**
17. Complete all information honestly, and as accurately as possible
18. For **Primary Sport:** enter **YOUR CURRENT SPORT**
19. Once you have completed all information at the end of the test, click **“Logout”**

FAILURE TO FOLLOW THESE DIRECTIONS COULD RESULT IN AN INVALID TEST AND THE NEED FOR YOU TO TAKE IT AGAIN!!!