

How to Take Your Concussion Baseline Test at Home

Before Beginning Your Baseline Test:

- **YOU MUST TAKE YOUR CONCUSSION BASELINE TEST YOURSELF.** If you have someone else take your baseline test for you or if you take someone else's baseline test, Campus Recreation Athletic Training and Sport Clubs reserve the right to impose sanctions of **individual suspension** from sport club activities of **up to a month** for both the person who had their baseline test taken by someone else as well as the person who took someone else's baseline test.
- READ ALL OF THE INSTRUCTIONS CLOSELY
 - Often times, people get an invalid score from not reading the instructions closely enough and accidentally doing a section incorrectly
- TRY YOUR BEST
 - If you receive an invalid score, you will have to re-test. Sometimes an invalid test happens due to extenuating factors and it is okay to need to re-take the baseline.
 - You cannot re-test just one section, if you get in invalid score, you must retake the whole baseline test
- At the end of the test, you will be asked to fill out a concussion symptom scale
 - The scale will ask you to rate concussion symptoms on a scale from 0-6 (0 = nothing, 1= kind of annoying, 6= terrible pain/send me to the hospital)
 - Please rate these symptoms based on how you feel everyday
 - Ex: if you normally have a slight headache, put a 1 down for headache
 - **DO NOT** fill the symptom scale out "as if you have a concussion"
- When you are finished, log out.
 - The athletic trainer will let you know if you received an invalid or valid score. **This will not be an immediate response.** If you received a valid score, you are good to go. If you received an invalid score, you will need to take the test again- talk with the athletic trainer to know when you can take the test again

Logging on/starting the test:

- Go to concussionvitalsigns.com
- Then click on Athlete Testing

Concussion Vital Signs® Free Unlimited Concussion Management Testing for Every School See the Press Releases

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Concussion Symptoms Handheld Sideline Test Concussion History Hours Cognitive Testing

Helping to Solve the Return-to-Play PUZZLE...

Athlete Testing
Baseline, Sideline, & Post-Injury

Clinician Portal
Clinic Based Post-Injury Testing

Administrator Login
View Reports & Manage Account

Register
Schools, Colleges, & Universities

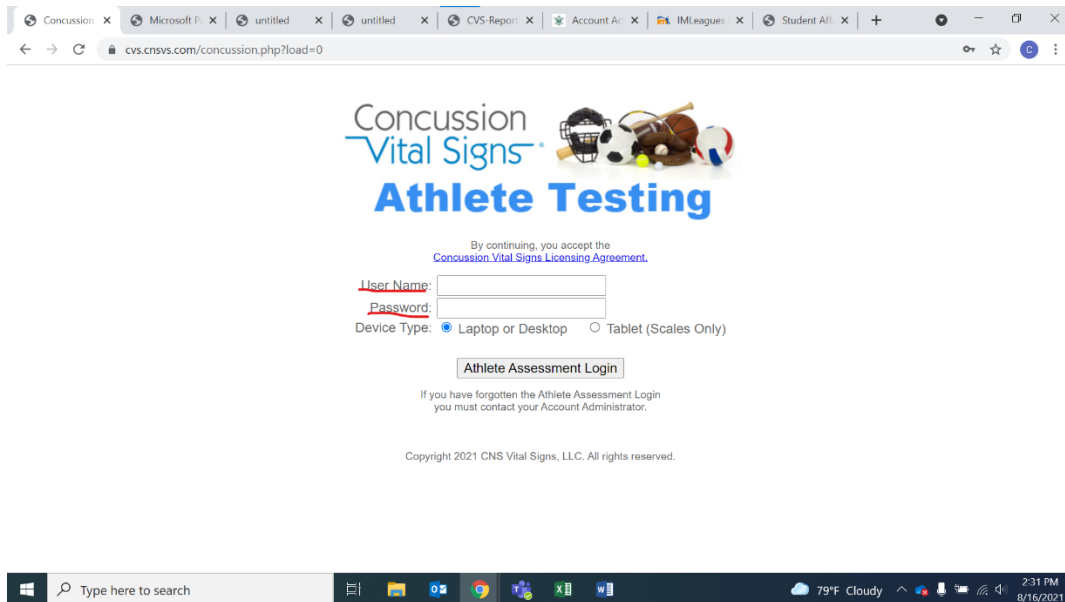
Support
FAQs
Video Tutorials
Forgot My Password
Glossary of Terms

Concussion Vital Signs® which is designed for student athletes, aligns to current sports concussion management guidelines. This scientifically based system, used as part of a baseline protocol and as needed a post-injury testing helps facilitate athlete evaluation and management.

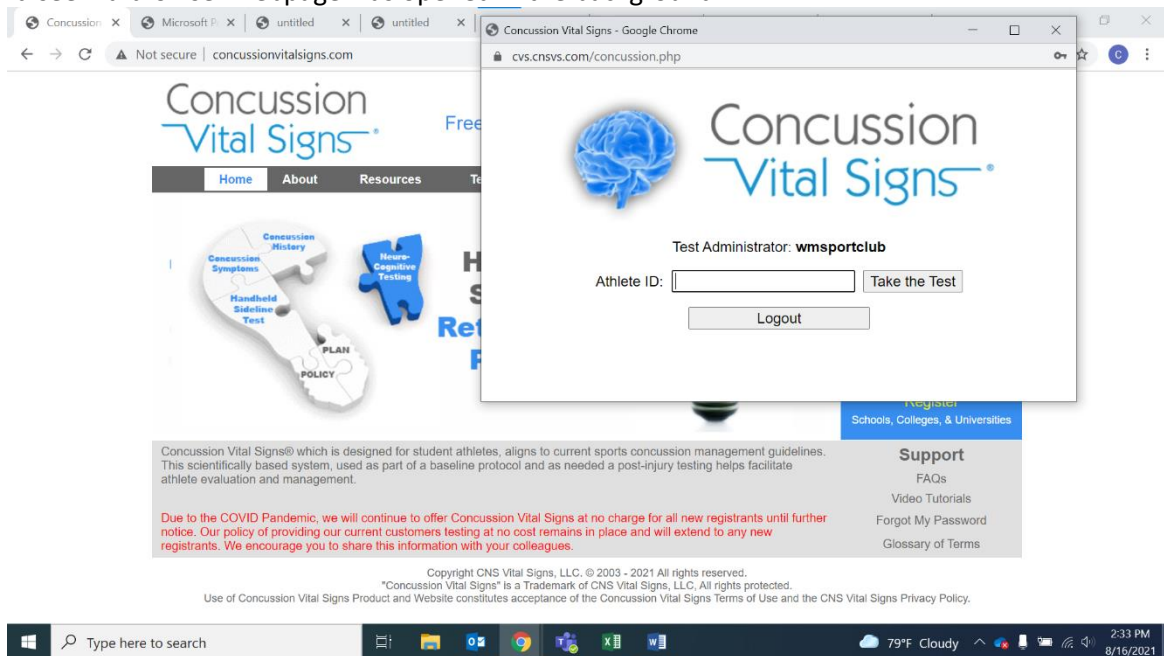
Due to the COVID Pandemic, we will continue to offer Concussion Vital Signs at no charge for all new registrants until further notice. Our policy of providing our current customers testing at no cost remains in place and will extend to any new registrants. We encourage you to share this information with your colleagues.

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Use of Concussion Vital Signs Product and Website constitutes acceptance of the Concussion Vital Signs Terms of Use and the CNS Vital Signs Privacy Policy.

- Then, type the W&M Sport Club username and password listed below (this is the same log in and password for all W&M sport club members)
 - Username: **wmsportclub**
 - Password: **noconcussions**



- Next: A window will pop up (see below). Make sure that pop ups are allowed on your computer/allow the pop ups if needed. If you are using Safari, sometimes this window pops up in the background, so if you don't see it, check and see if a browser webpage was opened in the background



- Maximize the page that popped up (this is the window where the test will take place). Then instruct use your William & Mary ID (the first part of your email) for the Athlete ID. For example, if your email is ckferrell@wm.edu, you would use ckferrell as the Athlete ID.



Test Administrator: **wmsportclub**

Athlete ID:

W&M ID

- Fill in the below information to the next screen:
 - Confirm Athlete Reference/ID: retype W&M ID (ex: ckferrell)
 - Date of Birth (DOB): insert your date of birth into the drop downs
 - **Make sure to use the drop downs (DO NOT type in your date of birth) otherwise, the system will not remember your date of birth**
 - Full Name:
 - Type in your full legal name (First, middle, and last name)
 - Do not include nicknames (Ex: Christine not Christi)
 - Assessment Type: Baseline
 - Assessments: Only Select Concussion Vital Signs and Concussion Symptom Scale
 - Testing Supervision:
 - Unsupervised
 - Testing Environment
 - Choose whatever is applicable for your situation



Confirm Athlete Reference/ID:

Birth Date: Year: Month: Day:

Full Name (optional):

Assessment Type (Select One):

Baseline Post Injury

Assessments (Select One or More):

Concussion Vital Signs
 Athlete Information & Medical History
 Concussion Symptom Scale
 Concussion Sideline Assessment

Testing Supervision (Select One):

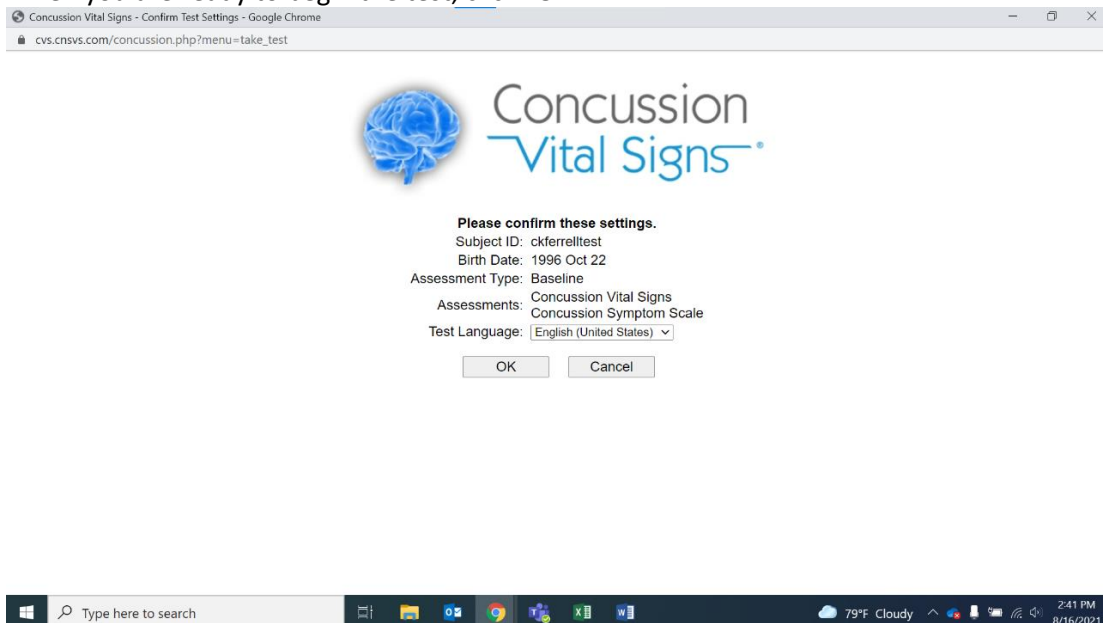
Unsupervised
 Supervised by parent / guardian
 Supervised by athletic trainer or school personnel
 Supervised by clinician or medical technician

Testing Environment (Select One):

Alone Group 2-5
 Group 6-15 Group 16 or More

- Make sure all of the information is correct then click okay
- Before beginning the test here are some reminders:

- READ ALL OF THE INSTRUCTIONS CLOSELY
 - Often times, people get an invalid score from not reading the instructions closely enough and accidentally doing a section incorrectly
- TRY YOUR BEST
 - If you receive an invalid score, you will have to re-test. Sometimes an invalid test happens due to extenuating factors and it is okay to need to re-take the baseline.
 - You cannot re-test just one section, if you get in invalid score, you must retake the whole baseline test
- When you are finished, log out.
 - The athletic trainer will let you know if you received an invalid or valid score. **This will not be an immediate response.** If you received a valid score, you are good to go. If you received an invalid score, you will need to take the test again- talk with the athletic trainer to know when you can take the test again
- When you are ready to begin the test, click “OK”



Now that you are done with your baseline test:

- The athletic trainer will let you know if you received an invalid or valid score. Again, this will not be an immediate response. The time it takes for you to receive an email from the Athletic Trainer will be based on which group you were placed in to take the test/the time frame in which you took the test. If you received a valid score, you are good to go and your follow up email from the AT will denote that. If you received an invalid score, you will need to take the test again- the email you receive after your section is finished will denote the instructions you'll need to follow in order to take the test again.
- If you receive an invalid score, you will have to re-test. Sometimes an invalid test happens due to extenuating factors and it is okay to need to re-take the baseline.
- You cannot re-test just one section of the test, if you get in invalid score, you must retake the whole baseline test.
- Look out for semester specific information from either Athletic Trainers or Sport Club staff (ie. Exact timing, when to re-test, etc.)