

Plant High School Concussion Vital Signs Baseline HOME Instructions

**You will NEED to use a laptop or a desktop computer.
You CANNOT take this test on a phone or tablet.**

**READ ALL THE INSTRUCTIONS CAREFULLY BEFORE YOU
CONTINUE TO THE TEST AND THE INSTRUCTIONS DURING
THE TEST.**

Please do not have your phone near you during this test.

- I. Open Google Chrome (preferably)
 - a. Go to www.concussionvitalsigns.com
2. Click ATHLETE TESTING (blue box at the right of the screen)
 - a. User Name: **Plant High School**
 - b. Password: **Panthers**
3. Athlete ID will be your ***STUDENT NUMBER***
 - a. Confirm your athlete reference/ID: ***STUDENT NUMBER*** and choose:
 - a. Date of birth
 - b. Enter your First AND Last name
 - iii. **Assessment = BASELINE**
 - iv. Assessment = Concussion Vital Signs
 - v. Concussion Vital Signs
 - vi. Athlete information and Medical History
 - vii. Concussion Symptom Scale
4. Testing supervision: supervised by parent/guardian (preferred)
OR unsupervised
5. Testing environment: Alone

Once testing is complete you may exit Concussion Vital Signs. There is no need to print or send anything to the certified athletic trainer or coach.