

Pinewood Concussion Baseline Testing Quick Reference Sheet



Step 1: Log-in to Personal Computer

You must use a keyboard for this assessment. No tablets or phones.

Step 2: concussionvitalsigns.com

1. Open the internet browser and go to www.concussionvitalsigns.com (Chrome recommended and DISABLE any adblocker)
2. On the right-hand side, click on the blue box labeled “Athlete Testing”
3. Log-in with the following information:
 - a. User name: **Pinewood_UCAthletics** (case sensitive)
 - b. Password: **Panthers!** (case sensitive)
 - c. Device Type: **Laptop or Desktop**

Step 3: Register for Testing

1. Enter your student ID (If unknown, use first and last name. **Ex. Pinewood Panther**)
2. Enter Testing Information
 - Confirm Athlete Reference/ID (re-enter Student ID)
 - Enter Birth Date
 - Enter Name
 - Assessment Type: **Baseline**
 - Assessment: **Concussion Vital Signs**
 - Testing Supervision: **Supervised by athletic trainer or school personnel**
 - Testing Environment: **Alone or Group (Alone if taken by yourself)**
 - **Click OK**
3. Confirm the information and select the language of your test.
 - BEFORE clicking OK, DISABLE any ad blocker.

Step 4: Testing

1. DO NOT CLICK OFF THE WINDOW/TAB. YOU WILL HAVE TO START OVER IF YOU DO.
2. DO NOT click Enter/Return before reading instructions below:
 - This test will take approximately 30 minutes (Give yourself the allocated time to complete the test).
 - This is a Valid/Not Valid test. To ensure you have Valid Test Result see the following:
 - i. Have strong internet connection and/or Wi-Fi
 - ii. Minimize surrounding distractions (Music, cellphones, siblings, etc.)
 - iii. READ ALL INSTRUCTIONS
 - iv. DO NOT SPEED through test.
 - v. TAKE TEST SERIOUSLY! Failure to do so can result in delays for return to play should you get injured.
3. Once you are ready, click Continue.

Step 5: Finishing Test

- When finished testing, click Continue.
- You will see fields for another student to log-in. Do no log in again.
- Close the browser and log out of the computer.
- Email Javier for results: jmargarito@pinewood.edu