

In a measure to protect all of our student-athletes at Our Lady of Mercy we have purchased software to help with the evaluation of concussions. We are requiring all of our athletes to take a baseline test prior to the seasons beginning. If we suspect a concussion the athlete will be required to take the test again and will be evaluated to see how the brain is recovering . This test will then be sent with the athlete to the Dr. to review and help us make the best decision for each child.

We are allowing athletes to take the baseline test at home understanding that they must have a quiet distraction free area to spend about 30 minutes performing the test. The directions for taking the test online is as follows.

1. Go to WWW.CONCUSSIONVITALSIGNS.COM
2. On the right side of the screen click on the tab that says *Athlete Assessment Login*
3. Username is **olmbobcats**. Password is **concussion**
4. Athlete Reference /ID- is the athletes name
5. Follow directions first assessment should be **Athlete Information & Medical History**
6. After completing the brief history you will have to enter your name again and take the **Concussion Vital Signs**
7. Please recognize how important to your health this test is in establishing a baseline to score subsequent tests against and keeping the athlete healthy.
8. If there is a problem with the score Mr Shivers will receive an email notifying that there is an invalid test and the child will have to take it again before being able to practice with his/her team.

If you or your parent have any questions about this test please feel free to contact me at the school at ext 417 or at Cshivers@mercy catholic.org

Thank you,

Chris Shivers ATC.LAT