It is required that all athletes at Oswego State participate in Concussion Baseline testing. It is important that all athletes understand the risk of concussion/head injury can happen in any sport. Below provides a basic understanding on why it is important to understand these risks:

- A concussion is a potentially serious head injury that can result in brain injury or death.
- Participation in intercollegiate athletics may result in a head injury or a concussion.
- I have received information regarding the signs and symptoms of a concussion.
- Helmets, face shields, mouth guards, and other protective equipment do not eliminate the risk of concussions.
- Purposeful head contact in any sport is prohibited.
- I am aware of the duty to immediately notify medical staff if a teammate experiences signs and symptoms of a concussion or suffers a suspected concussion.
- I am aware of the duty to immediately self-report to medical staff if I, the student-athlete, experiences signs and symptoms of a concussion or suffer a suspected concussion.
- Athletes will not return to practices or games if experiencing concussion-like symptoms.
- A repeat concussion is more likely when an athlete returns to play before symptoms resolve.
- The institution has the authority to permanently retire an athlete from sports if it is determined that the risks of concussive injury present serious threat to his or her safety and well-being.

In an effort to further protect all athletes in Oswego States Athletic Programs, we are requiring you to participate in concussion baseline testing. This is to test your brains normal function so we can better understand how your brain is functioning post injury. Please follow the instructions below for your baseline testing:

1. PLEASE TRY TO TAKE ON A DESKTOP COMPUTER OR USE A MOUSE!
2. Go to the website www.concussionvitalsigns.com
3. Click on Athlete Testing, located on the right hand side of the screen
4. Log in:
   a. Username: OswegoState
   b. Password: AthleticTraining
5. Use your Oswego State email as your Athlete ID (ex. John.doe@oswego.edu)
6. Click Take the Test
7. Enter all the information required, please include your full name
8. Under Assessment Type, select Baseline
9. Under Assessments, select:
   a. Concussion Vital Signs
   b. Athlete Information & Medical History
   c. Concussion Symptom Scale
10. Then indicate your testing environment and setting
11. Click OK
12. Make sure language is English, Click OK
13. Start the test!