



How to Complete your Concussion Baseline Test

Please follow these instructions if you need to complete your concussion baseline assessment for East Ridge High school

1. Go to XLNTbrain.com
2. In the top right hand corner click on sign up
3. Enter the Passcode **East Ridge Athlete**
4. Choose one of the following options
 - a. Register
 - i. Choose this step if you have never taken this assessment before with East Ridge High School
 - b. Sign in
 - i. Choose this step if you have taken the assessment before with East Ridge High School and were informed that you need to repeat your baseline assessment.
 - ii. Baseline assessments will need to be taken every two year. For example, if you took the assessment as a freshman you will take the exam as a junior.
 - iii. If you try to take the assessment and it says you need to be authorized to take the assessment you may not need to take it. Please contact the Athletic Trainer or Coach to confirm.
 - iv. **If you cannot remember the email address used when you set up your account please email the Athletic Trainer at sombelong@lake.k12.fl.us
5. Click join as athlete
6. Watch the educational video
 - a. If you are on school WiFi the video will not work. Please watch the video on your phone.
7. Take the Video quiz
8. Update your profile
 - a. Answer the questions to the best of your abilities
 - b. For History of concussion if yes please list date/dates (month/year) of concussion/concussions
9. Read terms and conditions then select I accept the terms
10. Watch the test instructions video
 - a. If you are on school WiFi he video will not work. Please watch the video on your phone
11. After watching the video click on start your Cog Test
 - a. Enter the email and password you used to sign in/register
 - b. ** Please make sure to be in a quite distraction free environment
 - c. **Test will take about 35 minutes. Please make sure you have enough time to complete the assessment. Once you start you will not be able to pause.
 - d. **Make sure you read all the instructions prior to each section. If the instructions are not followed correctly you will have an invalid test and will need to retest the assessment
12. Once the test is finished logout. Results will automatically be sent to the Athletic Trainer.
13. If you need to retake the assessment due to invalid results you will be contact by the Athletic Trainer or your coach.

Please email any questions to the Athletic Trainer at sombelon@lake.k12.fl.us