

ONE QR. THREE ATHLETE CHECK-INS. UNDER ONE MINUTE EACH.

Use the same Athlete ID and session date to connect the complete evaluation sequence.

ATHLETE FLOW

1 SCAN THE QR

Athlete opens the live form. No app, login or account required.

2 BEFORE IMMERSION

Complete before entering the water. Athlete ID, session context and four 0-10 scores.

3 IMMEDIATELY AFTER

Complete before leaving the recovery area. Same four scores, overall comparison, repeat-use and concern check.

4 NEXT MORNING

Complete the morning after the evaluated session. Use the prior session date and the same Athlete ID.

WHAT STAFF DOES

- Identify formal evaluated sessions. One athlete should complete no more than one formal evaluated immersion per calendar day.
- Prompt the athlete to use the same Athlete ID for Before, Immediately After and Next Morning.
- Before the athlete leaves, confirm the Immediately After check-in is complete.
- Send the same live link the next morning through the Rapids-approved communication channel.
- Target two to three fully matched evaluation sequences per participating athlete during the evaluation.

STAFF ACCESS

- Select Staff access and sign in with the credentials provided separately.
- Search Athlete ID to see the athlete's full sequence.
- Filter by Before Immersion, Immediately After or Next Morning.
- Use Concerns only to isolate responses requiring review.
- Tap a row to view every response. Use CSV to export the complete dataset.
- NHS will analyze the raw export and prepare the final evaluation summary.

CONCERN - REVIEW REQUIRED

Open the flagged record immediately, read the athlete's explanation, speak with the athlete and follow Colorado Rapids medical/performance procedures.

DUP = REPEATED SUBMISSION

The raw record remains for audit purposes. A submission marked DUP is excluded from evaluation calculations by default.

LIVE ATHLETE FORM



<https://aquamarine-heron-202692.hostingersite.com/>

ATHLETE SCRIPT

"Before you get in, scan the NANO QR and complete Before Immersion. Before you leave, complete Immediately After. Tomorrow morning, use the same link and Athlete ID for Next Morning."

Athlete ID only. Do not enter names, diagnoses or unnecessary medical details.

60-SECOND END-OF-DAY CHECK

1 Review every concern

Do not wait until the end of the evaluation.

2 Check missing sequences

Search Athlete ID for Before, After and Morning.

3 Review DUP records

Keep raw data; exclude flagged duplicates from summaries.

4 Export a CSV backup

Store the file in the approved NHS-controlled location.