

# How to Update or Add Baseline Concussion and Physical Dates

After logging into the portal, you will click on "My Information" from the home screen.



Scroll down to the section that says "Jockey"

To add or update the dates of your physical or baseline concussion, click on the calendar icons.

Jockey					
Last Physical Date	/				
2023-01-09	ti 🥌				
Baseline Concussion Date					
2022-12-28	ti 🦊				
Type your Jockey Agent's Name					
Patty Sterling (P-999-998-807)	*				
Fit to Ride: YES					
Change Password		ок		Cancel	

To begin, click on the year.

Jockey				
Last Physical Date 2023-01-09 Baseline Co 2022-12 January 2023 Type your Jt 2022 Patty Si	TODAY			
Fit to Ride: YES Change Passy	word	ОК		Cancel

Then select the month.

Jockey	,							
Last Physical D	ate							
2023-01-09	9							
Baseline Co 2022-12	January 2023	/						
Type your Jo	Jan	Feb	Mar					
Patty St	Apr	May	Jun	*				
Fit to Rid	Jul	Aug	Sep					
-	Oct	Nov	Dec					
			TODAY		OK		Cancel	
-					00		ouncer	

Then select the day.

Repeat for the Concussion date.



Once both dates are updated, click okay to save.

