



The Best Approach To Concussion Management



Owen J Roberts

Impact Testing Informational/Permission Letter

Dear Parent/Guardian,

The Owen J Roberts Athletic Department is utilizing an innovative concussion management program for our student-athletes. Those athletes participating in the following areas **are required to be tested: Baseball, Basketball, Cheerleading, Diving, Field Hockey, Football, High Jump, Lacrosse, Pole Vault, Soccer, Softball, Volleyball and Wrestling.** The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). It entails an online baseline computerized exam that is taken by the athlete prior to participation as well as follow-up post-concussion exams when deemed necessary.

If the athlete is believed to have suffered a concussion during competition, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return to play decisions. If an injury of this nature occurs, we will be in contact with you. **Baseline and Post-concussion tests will be taken while under our supervision at school.**

ImPact was founded by the University of Pittsburgh Medical Center's Sports Concussion Program. This software system is being utilized throughout professional sports; the NHL, NFL, US Soccer, countless colleges/universities and numerous high schools across the country. It is fast becoming "The Program" in recognizing and managing head injuries. Additional information can be found at www.impacttest.com.

The exam takes about 25-30 minutes and is non-invasive. The program is basically set-up as a "video-game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. It is a simple exam and most who take it enjoy the challenge of the test.

One of the reasons concussions are so dangerous is a condition called Second Impact Syndrome. If an athlete sustains a second concussion before completely recovering from the first, the results can be deadly. At Owen J Roberts, we understand the competitive nature of sports, but we always hold the athlete's health and safety as our top priority.

Please sign and return this form to Elizabeth Hoffecker, Head Athletic Trainer.

If you have any questions regarding this program, please feel free to contact me. Thank you.

Sincerely,

Elizabeth Hoffecker, Head ATC

(Please return to Elizabeth Hoffecker Head ATC)

PERMISSION SLIP

For use of the Immediate Baseline and Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read and understood the above information and give permission for my son/daughter to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete _____

Sports _____

Signature of Athlete _____

Date _____

Signature of Parent _____

Date _____