



## The Best Approach To Concussion Management

Dear Parent/Guardian,

Quaker Valley High School is continuing its implementation of an innovative program for our student-athletes. This program will assist our athletic performance team in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized online exam is given to contact/collision sport athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 20-30 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test. The ImPACT test is only required every two years. If your student athlete took this test last school year they are not required to take it this school year.

If a concussion is suspected, the athlete will be required to re-take the test through the school nurse. Both the preseason and post-injury test data is available to a neuropsychologist at the University of Pittsburgh Medical Center (UPMC) to help evaluate the injury. The UPMC Sports Concussion Program is the founding group of the ImPACT software and experts in its diagnostic use. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your student-athlete, you will be promptly contacted with all the details. Athletes seen at UPMC are required to follow all of their expert clinicians’ recommendations.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by both this school and UPMC. In order to ensure and guarantee your child’s anonymity, we have set-up an anonymous data submission system.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to be participants in this program, given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Quaker Valley High School administration, coaching, athletic performance staff and nurse are striving to keep your child’s health and safety at the forefront of the student athletic experience.

Sincerely,

Deborah Riccobelli  
High School Principal

Michael Mastroianni  
Director of Athletics



**The Best Approach To Concussion Management**

---

## Consent Form

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

I have read the attached information. I understand its contents and also understand that if my student athlete is seen at UPMC for concussion management that we are then required to follow all of their recommendations.

I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

**Printed Name of Athlete** \_\_\_\_\_

**Sport** \_\_\_\_\_

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date