



New Hampshire
Musculoskeletal Institute
ADVANCING KNOWLEDGE. ADVANCING CARE.



35 Kosciuszko Street | Manchester, NH 03101 | P: (603) 627-9728 | F: (603) 627-0880 | www.nhmi.net | E: info@nhmi.net

To Parents of Windham High School Athletes,

Windham High School will continue its program of ImPACT testing for concussion safety. ImPACT is a computer-based concussion test. Athletes in contact sports will take the test before the season and again after receiving a concussion. By comparing post-injury to pre-injury scores, the testing program allows the sports medicine staff to judge when the effects of the concussion on the brain's function have worn off.

This is not a school test. There is no grade and students are not judged on how well they do. ImPACT testing results are not part of a student athlete's academic record. The results are kept private and only used by the sports medicine team if the student is injured. The test is taken on a computer in the school's computer lab. First some basic questions are answered (like name, age, past concussions), and then concentration, memory and reaction time are tested. The brain function tests are like computer or video games. The test takes between 30 and 45 minutes. All athletes will be tested at least every two years. Incoming freshmen and juniors (transfers and new athletes in all grades) will be tested so each student will take two tests during the four years (unless they have an injury and need follow-up tests). More information about ImPACT can be found at impacttest.com or by calling the Windham Athletic Department at 603-537-2400.

Please contact your school's athletic director, Bill Raycraft - 603-537-2400, to schedule.

President: James C. Vailas, MD Executive Director: Laura C. Decoster, ATC
FOUNDATION PARTNERS



Concussion Information for Athletes and Parents at Windham High School

I. Recognition of concussion

- A. Concussion may be caused by a direct blow to the head or elsewhere on the body from an “impulsive” force transmitted to the head. You can have a concussion even if you are not knocked out!
- B. If you think you may have a concussion let your coach and/or athletic trainer know right away.

II. Common signs and symptoms of sports-related concussion.

Signs (observed by others):	Symptoms (reported by athlete):
Athlete appears dazed or stunned	Headache
Confusion (about assignment, plays, etc.)	Fatigue
Forgets plays	Dizziness, lightheadedness
Unsure about game, score, opponent	Feeling unsteady on feet
Moves clumsily (altered coordination)	Nausea or vomiting
Balance problems	Double vision, blurry vision
Personality change	Sensitive to light or noise
Responds slowly to questions	Feels sluggish
Forgets events prior to trauma	Feels “foggy”
Forgets events after the trauma	Problems concentrating
Loss of consciousness (any duration)	Problems remembering

III. ImPACT computerized testing.

- A. Computerized testing is required for all athletes. Athletes will have to take the baseline test before beginning practice (similar to the requirement for annual physicals). All incoming freshmen and juniors will be tested each year (transfers and new athletes in all grades).
- B. Please give your best effort and ask questions if you don’t understand something when taking the test. Questionable results will require retesting.
- C. If you have a concussion during the season, you will be tested after the concussion to determine when your scores return to baseline.

IV. What to expect if you have a concussion during the season.

- A. For your safety, you will not be allowed to return to play or drive yourself home on the day of your injury.
- B. The athletic trainer (AT) or coach will decide the safest way for you to get home on the day of your injury.
- C. Parent/guardian will be called.
- D. You will take a follow-up ImPACT test within 2 or 3 days after the injury.
- E. The school nurse and the AT will closely monitor your symptoms during and after school, respectively. You must report to them every school day.
- F. You will be withheld from all physical activity including sports and gym classes.

G. As needed, accommodations (e.g., shorter classes, lighter homework) will be made to help you get back to school. Guidance counselors and teachers, among others, may be involved in this process. If you have trouble concentrating, be sure to let people know.

H. Once all concussion signs/symptoms have resolved, you will take another follow-up ImPACT test.

I. You must have written medical clearance as described below, be asymptomatic both at rest and during activity, and have returned to full school activities to start the return to play program.

1. In cases where you have been treated and monitored solely by the AT, clearance from the AT will be acceptable.

2. In cases where you have seen a physician or other provider for the concussion, you must have written clearance from primary care physician or specialist (not the Emergency Room physician) for progression to activity.

J. Progression is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include: previous history of concussion, duration and type of symptoms, age, and sport/activity in which you participate. An athlete with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport will be progressed more slowly.

K. After the clinical exam and ImPACT test results have returned to baseline levels, you have resumed full school activities, and you have appropriate medical clearance you will begin a supervised return to play progression. Generally, you will not be progressed faster than one step per day.

1. Light aerobic exercise – walking, stationary bike

2. Sport-specific training (e.g., skating in hockey, running in soccer)

3. Non-contact training drills

4. Full-contact training after medical clearance

5. Game play

6. Note: If you experience post-concussion symptoms during any phase, you should drop back to the previous asymptomatic level and resume the progression after 24 hours.

L. The AT will decide appropriate activities for the day and explain what you are allowed to do on any given day during recovery. For your safety, you must stick to what the AT decides you are allowed to do until you receive full return to sports clearance.

M. The AT and/or treating physician will provide final clearance for RTP. The parent/guardian will also need to provide written permission in accordance with NH Senate Bill 402 for the athlete to return to play.