



Dear Parent/Guardian,

Mercy High School utilizes an innovative concussion management program for our student-athletes. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online, computerized exam that each athlete takes prior to the athletic season. **We are setting up times for each team to take them in the computer lab.**

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. **Post-concussion tests will be taken under our supervision at school.**

Founded by the University of Pittsburgh's Medical Center Sports Concussion Program, this software is utilized throughout professional sports and has been mandated in the NHL. Used by 18 NFL teams, US Soccer and countless colleges and high schools across the country, it is fast becoming the "Gold Standard" 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 Mercy, 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 the permission slip (following page), indicating permission for your daughter to take the test, and that you will make certain she follows the important instructions attached to this letter.

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

Sincerely,

Michelle Gambino, AT, ATC

To ensure a valid test, please follow these instructions. It is very important that you are able to fully concentrate during the entire test. Poor performance will result in an invalid test and will require a re-take!

- ▶ Please arrive at the computer lab 5 minutes prior to your scheduled time.
- ▶ No headphones or cell phone use during the test.
- ▶ Note the test will begin by asking you background questions called the "demographic" section.
- ▶ There are 6 test sections called "modules." These include word memory, design memory, Xs and Os, symbol match, color word match and three letters.
- ▶ Take your time to read each section's instructions very carefully. Each module is self-explanatory.
- ▶ It is common to perform the color word match module incorrectly, please read that section's instructions thoroughly.
- ▶ Other than the initial demographic section, do not ask anyone to help you with your performance during the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.
- ▶ Thank you for participating in our Impact Concussion Management Program.



Please sign and return to Athletic Department

PERMISSION SLIP

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

I have read and understood the above information and give permission for my daughter to participate in the ImPACT Concussion Management Program. I also agree to ensure a valid test by following the guidelines on the reverse side of this letter.

Printed Name of Athlete _____

Sport _____

Signature of Athlete _____

Date _____

Signature of Parent _____

Date _____