



Dear Parent/Guardian,

Eastwood High School and Middle School is utilizing an innovative program for our student-athletes that will assist our Athletic Trainer in evaluating and treating traumatic brain injuries (e.g., concussion). To help these trained healthcare professionals to better manage concussions sustained by our athletes, we have acquired a software tool called ImPACT (Immediate post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam used in many professional, collegiate, and high school sports programs across the country. If an athlete is believed to have suffered a head injury during practice or competition, ImPACT is a tool that can be used by a trained healthcare professional to evaluate the severity of the head injury and the athlete's recovery from that injury.

Ideally, the computerized exam is given to athletes before beginning contact sport practice or competition. This simple, non-invasive test is set up in a video-game type format and takes about 20 minutes to complete. It tracks information such as memory, reaction time, speed, and concentration. In addition, to help healthcare providers better understand the athlete's particular healthcare situation, there also are questions about the athlete's health history as well as current symptoms that he or she may be experiencing. ImPACT is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. The athlete's performance on the post-injury test will be compared to his or her performance on the baseline and any differences in performance will be evaluated by a trained healthcare provider. The test data will enable trained healthcare professionals to determine when return-to-activity is appropriate and safe for the injured child.

I wish to stress that the ImPACT testing procedures are non-invasive and pose no known risks to your student-athlete. We are excited to implement this program because it provides us the best available information for managing concussions. Please return the attached page with the appropriate signatures by the testing date your child is involved with. If you have further questions regarding this program please feel free to call me at 419-833-3611 or at [jhill@eastwoodschoools.org](mailto:jhill@eastwoodschoools.org).

Sincerely,

Jeff Hill – Assistant Principal/Athletic Director



## ImPACT Information for Parents

### What is ImPACT?

ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system. ImPACT was developed in the 1990s to provide useful information to assist qualified practitioners in making sound return to play decisions following concussions.

### Why use ImPACT?

Given the inherent complexities of concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing whenever possible. Neurocognitive assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

### Who is currently using ImPACT?

ImPACT is in use by the large majority of teams in MLB, NHL, NFL and MLS. More than 7,400+ high schools, 1,000+ colleges and universities, 900+ clinical centers, 200+ professional teams, select military units, Cirque du Soleil, and many other organizations around the globe use ImPACT. Currently, more than 10,000 medical professionals have been trained by ImPACT on concussion management.

### ImPACT is NOT

- Impact is not: A diagnostic test. ImPACT is one tool that can be used by medical professionals to help measure an individual's recovery from a concussion.
- Impact is not: A one step solution to concussions.
- Impact is not: A preventative tool. Nothing can prevent concussions.
- Impact is not: A substitute for medical treatment or management.
- Impact is not: A replacement for a cat scan, MRI or other medical technology.
- Impact is not: A home-based test. ImPACT should always be administered in the presences of a trained supervisor.

### Where can I go to learn more about the ImPACT Test?

Visit ImPACT's website, [www.impacttest.com](http://www.impacttest.com).



**CONSENT FOR BASELINE COGNITIVE TESTING and RELEASE OF INFORMATION**

I give my permission for (name of child) \_\_\_\_\_,  
born (date of birth) \_\_\_\_\_, to have a baseline ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing) test administered at Eastwood High School. I understand that my child may need to be tested more than once, depending upon the results of the test. I understand there is no charge for the testing.

Eastwood High School may release the ImPACT test results to my child’s primary care physician, neurologist, other treating physician, or any licensed healthcare professional as indicated below.

I understand that general information about the test data may be provided to my child’s guidance counselor and teachers, for the purposes of providing temporary academic modifications, if necessary.

Signature of parent/guardian \_\_\_\_\_

Name of parent/guardian \_\_\_\_\_

Date \_\_\_\_\_

**Please print the following information:**

Physician/licensed healthcare professional \_\_\_\_\_

Practice or group name \_\_\_\_\_

Phone number \_\_\_\_\_

Student’s home address (street address, city/state/zip)  
\_\_\_\_\_

**Parent or guardian phone numbers:**

Home \_\_\_\_\_

Preferred contact number: Home Work Mobile

Work \_\_\_\_\_

Preferred time to call (if necessary): \_\_\_\_\_ am/pm

Mobile \_\_\_\_\_