



**THE SCHOOL DISTRICT OF HAVERFORD
TOWNSHIP**

Haverford High School
200 Mill Road
Havertown, PA 19083

Dear Parent/Guardian,

Premier Orthopaedic Sports Medicine, while providing Athletic Training services to School District of Haverford Township also offers innovative concussion management for our student-athletes. We utilize a system called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing), an online, computerized exam administered to athletes prior to the athletic season.

Developed by doctors at the University of Pittsburgh Medical Center's Sports Concussion Program, this software system is used throughout professional and amateur sports. Currently 28 NFL teams, 18 MLB teams, Major League Soccer, US Lacrosse, Professional Hockey, Major/Minor League Baseball Umpires, USA Olympic Hockey, USA Ski Team, USA Hockey, Swedish Soccer, Ontario/Western Hockey Leagues, South African Rugby, New Zealand Rugby, USA Rugby, US Army, US Navy, US Air Force Academy, 350+ Clinical Centers, 350 Colleges and Universities, and 1200+ High Schools and Middle Schools across the country administer ImPACT. 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 set-up in 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. **We are asking student-athletes to take the baseline test in the computer lab here at the high school beginning the first week of preseason. All student athletes will be administered the exam.**

If an athlete is believed to have suffered a concussion during competition or practice, the exam is repeated and the data is compared to the baseline test. This information is used as a tool to assist the athletic training staff and team/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 contact you. **Post-concussion tests will be taken under our supervision at school or a Premier Orthopaedic Sports Medicine office.**

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 Haverford High School, we understand the competitive nature of sports, but we always hold the athlete's health and safety as our top priority. This program will help eliminate the subjectivity associated with return to play decisions.

Please sign and return the bottom portion of this form indicating permission for your son/daughter to take the baseline test. We have included the test instructions also for your information.

If you have any questions regarding this program, please feel free to contact us. Additional information regarding *Premier Orthopaedic Sports Medicine*, its physicians and programs can be obtained from its website at _____.

Sincerely,

(please cut here and return to the Athletic Training Room)

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 son/daughter to participate in the ImPACT Concussion Management Program.

Name of Athlete (print) _____ SPORT _____

Signature of Athlete _____ DATE _____

Signature of Parent _____ DATE _____



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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 repeated testing!

- ▶ You will be given 30 minutes without distraction in the computer lab. Please be respectful of other testers.
- ▶ 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.
- ▶ You must use a standard external mouse. You may not use a finger mouse pad (ie: laptop mouse), a Track Mouse, or anything other than a standard mouse.
- ▶ Minimum computer requirements:
 1. Make sure you are using Internet Explorer 6.0 and above, or Firefox 1.5 or above, and Safari for the MAC running OSX 10.2 and above.
 2. You must have Macromedia FLASH PLAYER 8.0 or newer installed. You can download FLASH PLAYER at www.adobe.com
 3. If you have a pop up blocker installed you must turn it off for the duration of the test.
 4. Close all other programs on your computer before taking the test.
 5. You need a broadband internet connection
- ▶ Make certain to select Haverford High School when asked for “school/organization” in the demographic section.
- ▶ Your test results are not displayed once you are finished (all results are password protected). See **the high school athletic trainer** if you are interested in your baseline score.
- ▶ Please note our test contract with Impact does not allow for unlimited baseline tests. Please do not allow others to take an additional test.
- ▶ Thank you for participating in our ImPACT Concussion Management Program.