

Dear Parent/Guardian,

Lewis S. Mills High School utilizes an innovative program for our student-athletes to assist in the management of head injuries. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and it is a computerized exam that the athlete takes prior to the season and if the athlete is believed to have suffered a head injury they re-take the exam to help determine a.) The extent of the injury b.) The location of the injury and c.) When the injury has healed. The system is utilized throughout professional sports, has been mandated in the NHL, and is fast becoming the “Gold Standard” in recognizing and better managing concussion type injuries. The University of Pittsburgh Medical Center’s Sports Concussion Program is the founding group of this software.

The exam takes about 15-20 minutes and is non-invasive. The program is basically set-up as a “video-game” type format. What it is doing is giving the brain a preseason physical of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration. It is simple and actually most that take it enjoy the challenge of the test. The exam has gained recognition around the world.

If a concussion is suspected, the test is re-taken and the information can then be used to better evaluate the athletes recovery from concussion. It may be given to a neuropsychologist to help interpret the data in addition to being shared with your regular doctor helping to ensure that a sound decision can be made as to when return-to-play is appropriate and safe. If an injury of this nature occurs I will be in contact with you on all the details, large and small.

All athletes at Lewis Mills High School are required to take a baseline ImPACT test (usually freshman year). In addition, all athletes will view a video presentation entitled: “Heads Up: Concussion in High School Sports”, prior to taking the baseline test.

Athletes in the following collision and contact sports (as defined by the American Academy of Pediatrics classifications) are required to take a “new” baseline test their junior year.

Fall:	Winter:	Spring:
B/G Soccer	B/G Basketball	Baseball
Field Hockey	Cheerleading	B/G Lacrosse
Football	Indoor Track	Outdoor Track
Girls Volleyball	(pole vault)	(pole vault)
	Diving	Softball
		Boys Volleyball

Also, any student sustaining a head injury outside of Lewis Mills High School athletic participation may receive post injury ImPACT testing through the Lewis Mills athletic department per parental/physician request.

I wish to stress that there is no invasive work being done with this program. This gives us the best available information in preventing brain damage that can occur with multiple concussions. The Lewis Mills administration, coaching, and athletic training staffs are trying to keep your child’s health and safety at the forefront of the High School athletic experience. If you object to your child participating in this program, we ask that you please sign and return the opt-out form below to the Athletic Department.

Sincerely

Dave Tanner – Coordinator of Athletics at Lewis Mills High School

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**OPT-OUT SLIP**

**To Opt-Out from use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)**

I have read the above information and prefer that my Child DOES NOT RECEIVE an ImPACT Baseline Test. In addition, I DO NOT WANT post injury re-testing to occur for my child.

Printed Name of Athlete \_\_\_\_\_ Sport \_\_\_\_\_

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

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