



**The Best Approach To Concussion Management**

Dear Parent/Guardian,

The Forest Hills School District is utilizing an innovative program for student-athletes participating in contact sports. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and it is a computerized exam that is taken prior to the season. Then, if the athlete is believed to have suffered a head injury during the season they re-take the exam to help determine: the extent of the injury, the location of the injury and when it is safe to return to play. This 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 program was developed through the University of Pittsburgh Medical Center’s Sports Concussion Program.

The exam takes about 15-20 minutes and is non-invasive. The program is basically set-up in a “video-game” type format. The exam gives the brain a “preseason physical”. The program tracks information such as memory, reaction time, processing speed, and concentration. It is simple and actually most athletes that take it enjoy the challenge of the test.

If a concussion is suspected, the test is re-taken and compared to the baseline information to better determine severity and recovery from the concussion. The information is shared with the parents, athletic trainer, school nurse and your regular doctor. It enables a sound decision to be made as to when return-to-play is appropriate and safe.

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 Forest Hills School District administration, school nurses, coaches, and athletic training staff are trying to keep your child’s health and safety at the forefront of the athletic experience.

**This exam is suggested for participation in the following sports/clubs: Football, Soccer, Basketball, Hockey, Wrestling, Baseball, Softball, Volleyball, and Competitive Spirt/Cheerleading.** Your son/daughter will be informed as to when to report for the testing. Testing will be completed at the Junior/Senior High School prior to the first contest of each season or online at a time to be determined.

**Listed below are the student athletes suggested to be ImPACT Tested during the 2019-20 school year:**

- All 7<sup>th</sup> grade students participating in any of the sports/clubs listed above.
- All students participating in any of the sports/clubs listed above that have never completed a baseline test.
- ImPACT recommends retesting students entering grades 9 and 11 who have been previously tested to establish a new baseline because the brain is still developing.

**If your son/daughter was tested last year and will be in 8<sup>th</sup>, 10<sup>th</sup>, or 12<sup>th</sup> grade they will not need to be retested this year.**

If you have any questions regarding this program please feel free to contact J.M. Gironda, Director of Athletics at JGironda@FHRangers.org or (814) 487-7613 x3706.

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PERMISSION SLIP – For use of the Immediate Post-Concussion Assessment and Cognitive Testing

*I have read the above information. I have been given an opportunity to ask questions and my questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program and the research.*

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

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

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