

2016 – 2017 IMPACT CONCUSSION MANAGEMENT PROGRAM

For the 2016 – 2017 School Year, it is mandatory for all student-athletes participating in the ILH sports on La Pietra and Pac-5 athletic teams, to complete the ImPACT Concussion Management Baseline Testing. This school year Baseline testing will only be required for seventh, ninth, and eleventh grade student-athletes (and new participants) participating in the ILH.

The ImPACT program baseline test that will be administered by the athletic department staff will assist us in evaluating and treating head injuries (e.g. concussions). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of the head injury and when the injury has fully healed.

After a concussive injury, the injured athlete is re-assessed and the scores are compared to the baseline score. Athletes will only be considered to return to their activities if the post-injury scores are comparable to the baseline score. Although our goal to test all athletes prior to the tryouts for each season, we may be administering the tests during the season due to limited resources of computer technology and human monitors and due to the challenge of testing a large number of athletes.

The non-invasive ImPACT test is set up in “video-game” type format and takes about 20-30 minutes to complete. It is simple, and many athletes enjoy the challenge of taking the test. Essentially, the ImPact test is an athletic physical exam of the brain. It tracks information such as memory, reaction time, speed, and concentration. It is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the ImPACT tests. Both pre-injury and post-injury test results are evaluated by Pac-5 athletic trainers if they are on a Pac-5 team or your family physician who consults with a neuro-psychologist /neurologist as part of the evaluation process. The information gathered should also be shared with your family doctor. The test data will enable health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all details. The information gathered from the ImPACT program may also be utilized in studies conducted by this school, the ILH, the University of Hawaii, local physicians, neuropsychologists, the State of Hawaii Department of Education and the National Athletic Trainers' Association. In order to ensure your child's anonymity, we have set up an anonymous data submission system. This data may anonymously be submitted for research purposes.

We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. Please sign the bottom of this page with the appropriate signatures. For more information about concussions please visit NFHSlearn.com and take the free course *Concussion in Sports*. If you have further questions regarding this program please contact the Athletic Office (922-2744).

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

Student-Athlete Name (please print): _____

Grade/Sport(s): ____ / _____

Signature of Parent/Guardian: _____ **Date:** _____