



**DELONE CATHOLIC HIGH SCHOOL
SPORTS MEDICINE**



The Best Approach To Concussion Management

Dear Parent/Guardian,

Delone Catholic High School utilizes an innovative concussion management program for our student-athletes. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online computerized exam that each athlete takes prior to the athletic season. **We are asking our incoming 7th graders, 9th, 11th and new student-athletes to take the baseline test on their home computer. All athletes must take the baseline bi-annually by the first day of their sports season.**

If the athlete is believed to have suffered a concussion during competition, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the athletic training staff and 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 be in contact with you. **Post-concussion tests will be taken under our supervision at school.**

Founded by the University of Pittsburgh Medical Center's Sports Concussion Program, this software system is utilized throughout professional sports and has been mandated in the NHL. Used by 18 NFL teams, US Soccer and countless colleges and high schools across the country, 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 basically set-up as 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.

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 Delone Catholic, we understand the competitive nature of sports, but we always hold the athlete's health and safety as our top priority.

Please sign and return the bottom portion of this form indicating permission for your son/daughter to take the test, and that you will make certain he/she follows the important instructions on the back of this letter.

If you have any questions regarding this program, please feel free to contact me. Thank you.

Sincerely,

Quinton Kuntz, Head Athletic Trainer, Delone Catholic

(please return to Quinton Kuntz by the first day of the sports season)

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. I also agree to ensure a valid test by following the guidelines on the reverse side of this letter.

Printed Name of Athlete _____

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 a re-take!

- ▶ Set aside 30 minutes in a quiet room with no distractions to take the test.
- ▶ No headphones or cell phone use during the test.
- ▶ Turn off any televisions, radio or anything else that can produce background noise.
- ▶ Tell siblings and family members about the importance of the test to avoid interruptions or distractions.
- ▶ 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
- ▶ To take the baseline test, go to: www.impacttestonline.com/schools
- ▶ Enter the online customer code 80I6C4E803
- ▶ Make certain to select Delone Catholic High School, Pennsylvania if asked for “school/organization” in the demographic section.
- ▶ Your test results are not displayed once you are finished (all results are password protected).
- ▶ Thank you for participating in our Impact Concussion Management Program.

If you are not able to take the test at home or have any technical problems, please email me at qkuntz@delonecatholic.org.

All incoming 7th, 9th, 11th and new students MUST take the baseline prior to the first day of each season. Each student will only need to take the baseline one time during their assigned school year.