

May, 2010

Dear RCDS Parents,

For the past five years the Rye Country Day School athletic program has been using the ImPACT concussion assessment program for our student-athletes on a voluntary basis. ImPACT, which stands for Immediate Post Concussion Assessment and Cognitive Testing, is a computerized test that establishes a cognitive baseline measure for an individual. This baseline measurement is a helpful tool in the assessment and management of a future head injury. If a student is believed to have suffered a head injury, he or she will re-take the ImPACT test to help determine the following: the extent of the injury; the location of the injury; and when the injury has healed.

The ImPACT program is fast becoming the “gold standard” in recognizing and better managing concussion type injuries. The University of Pittsburg Medical Center’s Sports Concussion Program (UPMC) is the founding group of this program and software.

The test, which is formatted as a video game, takes about 30 minutes to complete and is non-invasive. Using the test results the ImPACT program examines the status of the brain’s cognitive abilities and tracks information such as memory, reaction time, processing speed, and concentration. It is a simple test to administer using a computer, and most of the students enjoy the challenge.

If a concussion is suspected, the ImPACT test is re-taken, and the information is given to the neuropsychologists at the UPMC to help interpret the data. The information can be shared with your regular doctor so that a sound decision can be made as to when “return-to play” is appropriate and safe for the student-athlete. The information also is helpful in determining when a student should resume full academic work.

The information that is gained in our program may be utilized in studies being conducted by the UPMC; however, we have set-up the anonymous identification system so that your child’s anonymity is guaranteed with the study.

We want to stress that there is no invasive work involved with the ImPACT assessment test. This program gives us the best available information in preventing brain damage that can occur with multiple concussions. The administration, coaches, and athletic training staff are trying to keep your child’s health and safety at the forefront of the athletic experience. ***With this in mind, we plan to administer the ImPACT test in September to all students in grades seven through twelve. The results of the program are kept confidential and are only used for concussion management, situations which can occur through athletics as well as non-athletic activities.***

If you do not wish your child to participate in ImPACT program, please fill out the area below and return to me in the Athletic Training Room. If you have any questions regarding this program, please feel free to contact me at 914-925-4544, or visit their web site at [www.impacttest.com](http://www.impacttest.com). I encourage you to take advantage of this program.

Sincerely,

Steven Norman ATC

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**OPT OUT :** For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) 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 do not want my student to participate in the ImPACT Concussion Management Program and the UPMC research.***

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

Sport \_\_\_\_\_

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

Date \_\_\_\_\_

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

Date \_\_\_\_\_