



Dear RCDS Parents and Guardians,

For the past 15 years, Rye Country Day School has used the ImPACT concussion assessment program for our students on a voluntary basis. **ImPACT** (Immediate Post-Concussion Assessment and Cognitive **Testing**) is a comprehensive battery of neurocognitive assessments administered online in a controlled environment according to recommended specifications to provide reliable data. Developed at the Center for Sports Medicine at the University of Pittsburgh Medical Center (UPMC), **ImPACT** is a research-based software that evaluates memory, attention, processing speed, reaction time, and post-concussion symptoms.

ImPACT has two components, **baseline testing** and **post-injury testing**, which are used in conjunction to determine if a student who suffers a concussion can safely return to activity. Baseline testing provides a measurement of how one's brain functions in normal, everyday circumstances. In the event that a student suffers a concussion, post- injury testing composite scores are compared to the baseline scores and can be used as a tool to guide diagnosis and post injury management, including return to learn and return to play decisions.

The information that is gained in our program may be utilized in studies being conducted by UPMC; however, we have set up an anonymous identification system, so that your student's anonymity is guaranteed.

ImPACT baseline testing takes approximately 25-35 minutes to complete and is then stored in the company's data server, which is compliant with the U.S. Health Insurance Portability and Accountability Act (**HIPAA**). Baseline testing is acquired on a two-year cycle, with testing of incoming Grade 7, 9, and 11 students and any new incoming Grade 8 and 10 students.

If you do not want your child to participate in the ImPACT program, please fill out the [Opt Out Form](#). If you have any questions regarding this program , please feel free to contact Heidi Southard, or visit the ImPACT website at www.impacttest.com. We encourage you to take advantage of this program.

Sincerely,

Heidi Southard MS, ATC
Head Athletic Trainer
heidi_southard@ryecountryday.org

Giovanni D'Onza MS, ATC
Assistant Athletic Trainer
giovanni_donza@ryecountryday.org