



## **The Best Approach To Concussion Management**



Dear Parent/Guardian,

October 9, 2009

Wyoming Area is currently implementing an innovative program for our student athletes. This program will assist our team physician and athletic trainer in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student athletes, the Wyoming Area Football Parents Association (WAFPA) has 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 head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This noninvasive test is set up in "videogame" type format and takes about 30 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be given the opportunity to retake the test. Both the preseason and postinjury test data is given to a local doctor, neuropsychologist or a neuropsychologist at the University of Pittsburgh Medical Center (UPMC) to help evaluate the injury. (The UPMC Sports Concussion Program is the founding group of the ImPACT software.) The information gathered can also be shared with your family doctor. The test data will enable these 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 the details.

I wish to stress that the ImPACT testing procedures are noninvasive, and they pose no risks to your student athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. Wyoming Area's administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. You can learn more about ImPACT at [www.impacttest.com](http://www.impacttest.com). If you have any questions regarding the ImPACT program, please feel free to contact Wyoming Area Trainer Laura Mudlock.

Sincerely,

Randy Spencer, Head Coach, Wyoming Area Football Team



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**Consent Form**

**For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)**

I have read the attached information. I understand its contents. I agree to participate in the ImPACT Concussion Management Program.

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

**Sport(s)**\_\_\_\_\_

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

\_\_\_\_\_  
**Date**

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

\_\_\_\_\_  
**Date**