



Eastern Athletic Training Office

(856) 784-4441 x1277

The Best Approach To Concussion Management

Dear Parent/Guardian,

Eastern 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 the athlete takes prior to the athletic season. **All athletes who participate in football, soccer, wrestling, basketball and lacrosse are required to take the baseline test on a home computer or school computer.**

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 fast becoming the “Gold Standard” in recognizing and managing head injuries. The program is used by countless colleges and high schools across the country, as well as in professional and Olympic sports such as the NFL, NHL and with the US Soccer Team. General information about the test can be found at www.impacttest.com.

The exam takes about 25-30 minutes and is non-invasive. The program is basically set-up in 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 Eastern, we understand the competitive nature of sports, but we always hold the athlete’s health and safety as our top priority.

The baseline test is not intended to identify a present concussion. **Students who have suffered a recent concussion or have not recovered from a concussion should not take the ImPACT baseline test. Instead please notify the athletic trainer or your physician immediately for an injury evaluation.** Athletes who have not received physician clearance for full, unrestricted athletic participation after a concussion should not take the baseline test and should notify the athletic trainer. In addition, athletes who are experiencing fatigue, physical illness or an injury should postpone the test until feeling better.

Please sign and return the bottom portion of this form indicating permission for your son/daughter to take the test and make certain he/she follows all testing instructions to ensure a valid test.

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

Sincerely,

Casey Christy, MA, ATC, CSCS
Head Athletic Trainer

(please cut here and return to Mr. Christy or the Athletic Office)

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 _____

Impact Testing Instructions

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! The Customer ID Code is: 7F5674A960

- ▶ 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 Trackpad, 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 10.0 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 and the computer you use must have a mouse. Java Script must be enabled.
 6. If you are running Windows 7, make sure power management is set to High Performance; otherwise performance will be slowed negating test scoring.
 - ▶ To take the baseline test, go to: **www.impacttestonline.com/schools**, select “NJ” and then click on “Launch Baseline Test.” The Customer ID Code is: 7F5674A960
 - ▶ Make certain to select “Eastern Regional High School” when asked for “school/organization” in the demographic section. Do not choose “Voorhees High School.”
 - ▶ Your test results are not displayed once you are finished (all results are password protected). See Mr. Christy if you are interested in your baseline score.
 - ▶ Please note our test contract with Impact does not allow for unlimited baseline tests. Please do not allow others to take an additional test.
 - ▶ If you do not have access to the internet or a home computer that meets the above requirements, contact Mr. Christy to arrange a testing time at school.
 - ▶ **Return your signed permission form to Mr. Christy or to the Athletic Office once you have completed the test.**
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