

Dear Parent/Guardian,

Irondequoit High School is currently administering an innovative program for our student athletes. This program will assist our physicians and certified athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student athletes, we have acquired and been using a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) since 2004. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose, assess and manage concussions. If an athlete is believed to have suffered a head injury during practice or 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 non-invasive test is set up in “video game” type format and takes about 15-20 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 required to re-take the test. Both the pre and post-injury test data is given to your school’s doctor, nurse, athletic trainer, and/or Neuropsychologist to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health care 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.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by both this school and Strong Memorial Hospital. In order to ensure and guarantee your child’s anonymity, we have set up an anonymous data submission system.

We wish to stress that the ImPACT testing procedures are non-invasive, 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. The West Irondequoit administration, coaching and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. For more information on the ImPACT management program please visit www.westirondequoit.org/Athletics/resources.html or contact Dave Green, A.D. at 336-3006.

Note: If you would like your child to refrain from being tested please notify the coach or athletic trainer in writing.

Sincerely,

West Irondequoit Athletics and Athletic Training Department