

# S. S. Seward Institute

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## Parent Information Letter on the ImPACT Program

Dear Parent/Guardian,

The purpose of this letter is to inform you that S. S. Seward Institute will be utilizing an innovative concussion management program called ImPACT for all our student-athletes. ImPACT (immediate Post Concussion Assessment and Cognitive Testing), is a computerized online exam in which each athlete will take prior to their athletic season. This 30-45 minute test is similar to the neuropsychological tests used by clinicians to make return to play decisions.

Sport-related concussion is often poorly understood by the general population and by the athletes themselves. It is also difficult for physicians and athletic trainers to determine the extent of a brain injury from a concussive episode. Since there are certain symptoms of a concussion that cannot be visual seen, an athlete may be too eager to return to play, or is under a lot of peer pressure resulting in the athlete to become less than truthful of these symptoms. This puts the athlete in risk in what is known as Second Impact Syndrome. This is when an athlete receives a second concussive episode before the complete recovery of the brain from the first, thus resulting in permanent brain injury and in some cases death.

The benefit of utilizing ImPACT is that your child can take the test under the supervision at the school. If the athlete is believed to have suffered a concussion during competition, the exam is taken again and the data is compared to their baseline test. This information is then used as a tool to assist the athletic trainer and treating physician 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. ImPACT is **NOT** an IQ test. Instead it provides us neurocognitive information such as memory, reaction time, brain processing speed, and concentration. All tests information is confidential and will be stored in a secured computer file. There is **NO COST** to the parents/guardians for their child's baseline test. In an event that your athlete suffers a concussion, ImPACT testing will be performed by the S.S. Seward Institute within 24-72 hours. The results of the post-concussion test will need to be evaluated by a physician or neuropsychologist to determine the severity of the injury and to make a safer return to play decision.

At S. S. Seward Institute, we understand the competitive nature of sports, but we will always hold the athlete's health and safety as our first priority. If you have questions regarding this program, please feel free to contact Athletics or Seward's school nurse. Additional information can be found at [www.impacttest.com](http://www.impacttest.com).