



Dear Parent/Guardian,

St. Mary's Episcopal School is a part of an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries, such as concussions. In order to better manage concussions sustained by our student-athletes, we use 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. All US student-athletes, regardless of which sports season they plan to participate, are required to take the test. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. If a concussion is suspected, your daughter will be required to re-take the test. Both the preseason and post-injury test data will be reviewed by an ImPACT certified physician and athletic trainer to help evaluate the injury. The information will also be shared only with your daughter's primary care physician or neurologist, if requested. 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 daughter, you will be promptly contacted with all the details. We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your daughter. We are excited to continue 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 St. Mary's Episcopal School administration, coaching, and athletic training staffs are striving to keep your daughter's health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact us.

Sincerely,

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