



ST. ANDREW'S SCHOOLS

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2018-2019 ImPACT Concussion Management Program Consent Form

For the 2018-2019 school year, it is mandatory for student-athletes participating in the sports below to complete the ImPACT Concussion Management Baseline Test before regular season tryouts begin. We are requiring ALL athletes in grades 7-12 to complete the baseline test every two years. These specific sports were identified as “higher-risk sports” after consulting with physicians, neuropsychologists, the Hawaii Athletic Trainers’ Association and other experts in the field.

FALL SPORTS

- Cheerleading
- Volleyball

WINTER SPORTS

- Soccer
- Basketball
- Wrestling
- Canoe Paddling
- Intermediate Tennis

SPRING SPORTS

- Judo
- Softball
- Sailing
- Track & Field
- Varsity Tennis
- Waterpolo

The ImPACT program will assist our registered nurse and school personnel in evaluating and treating head injuries (e.g., concussions). In order to better manage concussions sustained by our student-athletes, we have 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 indicate and manage concussions. If an athlete is believed to have suffered a head injury during a school competition, ImPACT is used to help determine the severity of the head injury and when the injury has healed. This test is used as an indicator, not a diagnosis. An injured athlete will need to seek medical attention to diagnosis a concussion.

The ImPACT test will establish a baseline score prior to beginning practice or competition in a contact sport. If an athlete has received a concussive injury, the injured athlete is re-assessed and the scores are compared to the baseline score. Athletes will only be considered to return to their activities if the post-injury scores are comparable to the baseline scores. Although it is our goal to test all athletes prior to the tryouts for each season, we may be administering the tests during the season due to limited resources and due to the challenge of testing a large number of athletes.

The non-invasive ImPACT test is set up in “video-game” type format and takes about 20-30 minutes to complete. It is simple, and many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is an athletic physical exam of the brain. It tracks information such as memory, reaction time, speed, and concentration. It is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the ImPACT test. Both pre-injury and post-injury test results are evaluated by our nurse and/or the Pac- 5 athletic trainers, who may consult with a neuropsychologist/neurologist as part of the evaluation process. The information gathered can also be shared with your family doctor. The test data will enable 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 details.

We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student- athlete. Please sign and return this page.

For more information about the ImPACT test, please visit Edline/ Athletics/ ImPACT Test. If you have any further questions regarding this program please contact Missy Kilbey, Athletic Director.

I have read the above information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Student-athlete name (please print):

Grade: _____ **Sport(s):** _____

Signature of Parent/Guardian: _____ **Date:** _____