

CARMEL HIGH SCHOOL

Athletic Department

RICK LOPEZ: PRINCIPAL

GOLDEN ANDERSON: ATHLETIC DIRECTOR

Dear Parent/Guardian,

Carmel High School is currently implementing an innovative program for our student-athletes. This program will assist our team physicians/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 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.

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-season and post-injury test data is given to a local doctor or, to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when returning-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 the details.

I wish to stress that ImPACT testing procedures are non-invasive, and those 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 administration, coaching and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. If you are interested in your child participating in this program, please complete the attached consent form. If you have any questions regarding this program please feel free to contact me at (831) 624-1821 Ext. 2796, or ganderson@carmelunified.org. There is no cost to you for this baseline test.

Sincerely,



Golden Anderson
Athletic Director

Post Office Box 222780 :: Carmel, California 93922 :: Phone: 831.624.1821 :: Fax: 831.624.0275

www.impacttest.com

Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached 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.

Printed Name of Athlete: _____

Sport: _____

Signature of Athlete

Date

Signature of Parent

Date

