

2017-2018 ImPACT Baseline Concussion Management Program

As of the 2012/13 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. All seventh, ninth and eleventh grade student-athletes participating in these “higher-risk sports”, along with eighth, tenth and twelfth grade first time participants, are required to complete the baseline test. 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, and after considering the number of concussions Mid-Pacific Athletes recently incurred.

- | | | |
|-----------------|--------------|-----------------|
| ■ Cross Country | ■ Basketball | ■ Softball |
| ■ Volleyball | ■ Water Polo | ■ Track & Field |
| ■ Cheerleading | ■ Wrestling | ■ Sailing |
| ■ Football | ■ Baseball | ■ Diving |
| ■ Soccer | ■ Judo | |

The ImPACT program will assist our certified athletic trainers 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 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 ImPACT baseline test establishes a baseline score prior to beginning contact sport practice or competition. After a concussive injury, the injured athlete is re-assed 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 of computer technology and human monitors 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 baseline concussion test. Both pre-injury and post-injury test results are evaluated by our 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. The information gathered from the ImPACT program may also be utilized in studies conducted by this school, the ILH, the University of Hawaii, local physicians, neuropsychologists, the State of Hawaii Department of Education and the National Athletic Trainers’ Association. In order to ensure your child’s anonymity, we have set-up an anonymous data submission system. This data may anonymously be submitted for research purposes.

We wish to stress that the ImPACT testing procedure are non-invasive, and they pose no risks to your student-athlete. Please sign the bottom of this page with the appropriate signatures. For more information about the ImPACT baseline test, please visit midpac.edu/sports or please e-mail athletics@midpac.edu. If you have any further questions regarding this program please contact the Mid-Pacific Athletic Training Room (973-5091).

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 Baseline Concussion Management Program.

Student-athlete name (please print): _____

Grade/Sport(s): ____/_____

Signature of Parent/Guardian: _____

Date: _____