

Dear Parent/Guardian,

Our wrestling program is excited to implement an innovative concussion management program during your athlete's contact sports season. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online, computerized exam that each athlete takes prior to the athletic season. **We are asking our student-athletes to take the baseline test at the school as part of participation in athletics.** Concussion injuries have been all over the media throughout the last year and this has helped to create a greater awareness of the seriousness of brain injury in sport. One of the reasons concussions are so dangerous is because a condition called Second Impact Syndrome can occur if an athlete is allowed to participate after sustaining trauma to the head. If an athlete sustains a second concussion before completely recovering from the first, the results can be deadly and an athlete's brain may never recover completely. The Sports Medicine Teams at Minnehaha Academy and DeLaSalle understand the competitive nature of sports, but we also understand the need to take a conservative approach to head injuries. Our commitment to you as parents is to always hold your athlete's health and safety as our top priority.

Founded by the University of Pittsburgh Medical Center's Sports Concussion Program, this software system is utilized throughout professional sports and has been mandated in the NHL and the NFL, and is utilized by US Soccer and countless colleges and high schools across the country, it is fast becoming the "Gold Standard" in recognizing and managing head injuries. Additional information can be found at www.impacttest.com and I also have brochures available. The ImPACT exam takes about 25-30 minutes and a video/discussion about concussions is also shown in conjunction before all athletes take the test. This helps to promote education about what a concussion is and establishes the need for proper communication between our athletes, coaches and their parents. The program is basically set-up as a "video-game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. It is a simple exam and most who take it enjoy the challenge of the test. All athletes' scores are secured in an online database that ImPACT provides and is only authorized to be released upon parental consent. After an athlete takes a post-injury test, the results will be emailed to a parent in a PDF document and reviewed by me, the athletic trainer. The information found in the test results is used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return to play decisions. Please note that MAD Wrestling is conducting these tests in conjunction with the staff at Bethesda Hospital's Concussion Clinic but there is no requirement that your student-athlete utilize their services.

We are committed to a very conservative approach in concussion management. Here is a snapshot of how the ImPACT testing fits into our concussion management program. After an athlete has sustained a head injury during a match or practice, please notify the athletic trainer immediately so that symptoms can be documented and observed by the appropriate health care personnel. An athlete with a head injury will be given a post-injury concussion exam 24 hours after injury and will continue to take post-injury exams every consecutive 48 hours as symptoms continue. If an athlete's symptoms last longer than seven days, they are required to see a doctor for further observation and testing. Most athletes sustaining head trauma in sport recover from concussions within 1-2 weeks, but more serious head injuries can take much longer. After an athlete has been asymptomatic for 24 hours and has a clear ImPACT score, they can go to a day of practice without protective equipment and NO contact. This will include only light physical exertion (no weight lifting) determined by the athletic trainer and coaching staff. If symptoms do not return they may progress into wearing full protective gear with no contact and increase physical exertion at practice (resume weight lifting). Finally an athlete with NO symptoms after completing the first two days without symptoms is able to return to practice with full protective gear and full contact. After this 3-5 day progression occurs without any return of symptoms, an athlete can return to wrestling in a match.

We encourage you to check out the following resources from the CDC, Children's Hospital, and research forums to help build your knowledge on concussions:

- <http://www.cdc.gov/concussion/HeadsUp/youth.html>
- <http://www.thechildrenshospital.org/conditions/rehab/concussion/parents.aspx>
- <http://www.sportsconcussions.org/>

Please sign and return the bottom portion of this form indicating permission for your athlete to take the test. Forms must be returned on the day of testing. Please make arrangements for your athlete to be dropped off at the North Campus gym where we will meet before testing. Test dates and times will usually be outside of normal practice hours and will require you to communicate with your athlete about specific times and location.

If you have any questions regarding this program, please feel free to contact me. Thank you for helping MAD Wrestling maintain a high level of injury management!

Sincerely,

Aaron Tatone & Ernie McNeal
tatone@comcast.net , erniemcneal@yahoo.com

(please cut here and return to the coaches by November 26, 2012)

PERMISSION SLIP

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

I have read and understood the above information and give permission for my son/daughter to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete _____ Sport: Wrestling

Signature of Athlete _____ Date _____

Signature of Parent _____ Date _____