



Dear Parent/Guardian,

Once again, the East Pennsboro Area School District (EPASD) sports teams will be utilizing an innovative program for their players. The program is called *ImPACT* (*Immediate Post Concussion Assessment and Cognitive Testing*) and it is a computerized exam that the athlete takes prior to the season. If the athlete is believed to have suffered a head injury, the athlete re-takes the exam to help determine the extent of the injury and when return to play is safe. The system is utilized throughout all levels of sports, for recognizing and managing concussion type injuries.

The exam takes about 45-60 minutes, it is non-invasive, and is of no expense to you. The program is basically set-up as a “video-game” type format. It is giving the brain a preseason physical of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration. It is simple and actually most athletes enjoy the challenge of the test. The exam has gained recognition around the world.

If a concussion is suspected, the test is re-taken and the information can be used to better determine recovery from a concussion. Once completing this baseline test it will allow for safer return to play decisions to be made if a concussion is sustained.

In order for the athlete to be allowed to participate in any sports season, the *ImPACT* test must be completed 1-week prior to the start of their respective sports season. An athlete's completion of the *ImPACT* test must be monitored by an EPASD Athletic Staff member. Testing will be made available during the summer physical exam dates offered by EPASD or alternative dates will be coordinated between the Coaching Staff and Athletic Office.

Please tell your child to take it seriously. This test will not be given every year. **Your child will only have to take the *ImPACT* Baseline test once during their junior high sports career and once during their high school sports career.** Those athletes transitioning into high school from junior high, as well as any new athletes to EPASD, will need to complete the *ImPACT* Baseline test.

Please do not hesitate to contact the Athletic Office at (717) 901-4677 if you have any questions regarding the *ImPACT* test. Best wishes for a healthy and successful season!

Sincerely,

Kyle Shireman, LAT, ATC
Head Athletic Trainer
East Pennsboro Area High School
CPRS Physical Therapy

By taking the online version of *ImPACT*, the participant understands and consents.