



Dear Parent/Guardian,

White Plains 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 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 preseason and post-injury test data is given to a local doctor or your family doctor, to help evaluate the injury. The test data will enable these 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 the details.

I wish to stress that the ImPACT testing procedures are non-invasive, and they 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 White Plains High School administration, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. Attached you will find an opt out form. If you do not wish for your child to participate in this program please fill out the form and return it to the athletic office. If you have any further questions regarding this program please feel free to contact me at (914) 422-2000 ex2749. If you would like to learn more about the ImPACT program please visit www.impacttest.com.

Sincerely,

Michael Mirabella MS ATC CSCS
Athletic Trainer
White Plains High School



Opt. Out 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 do not wish to have my child tested with the ImPACT software.

Printed Name of Athlete _____

Sport _____

Signature of Athlete

Date

Signature of Parent

Date