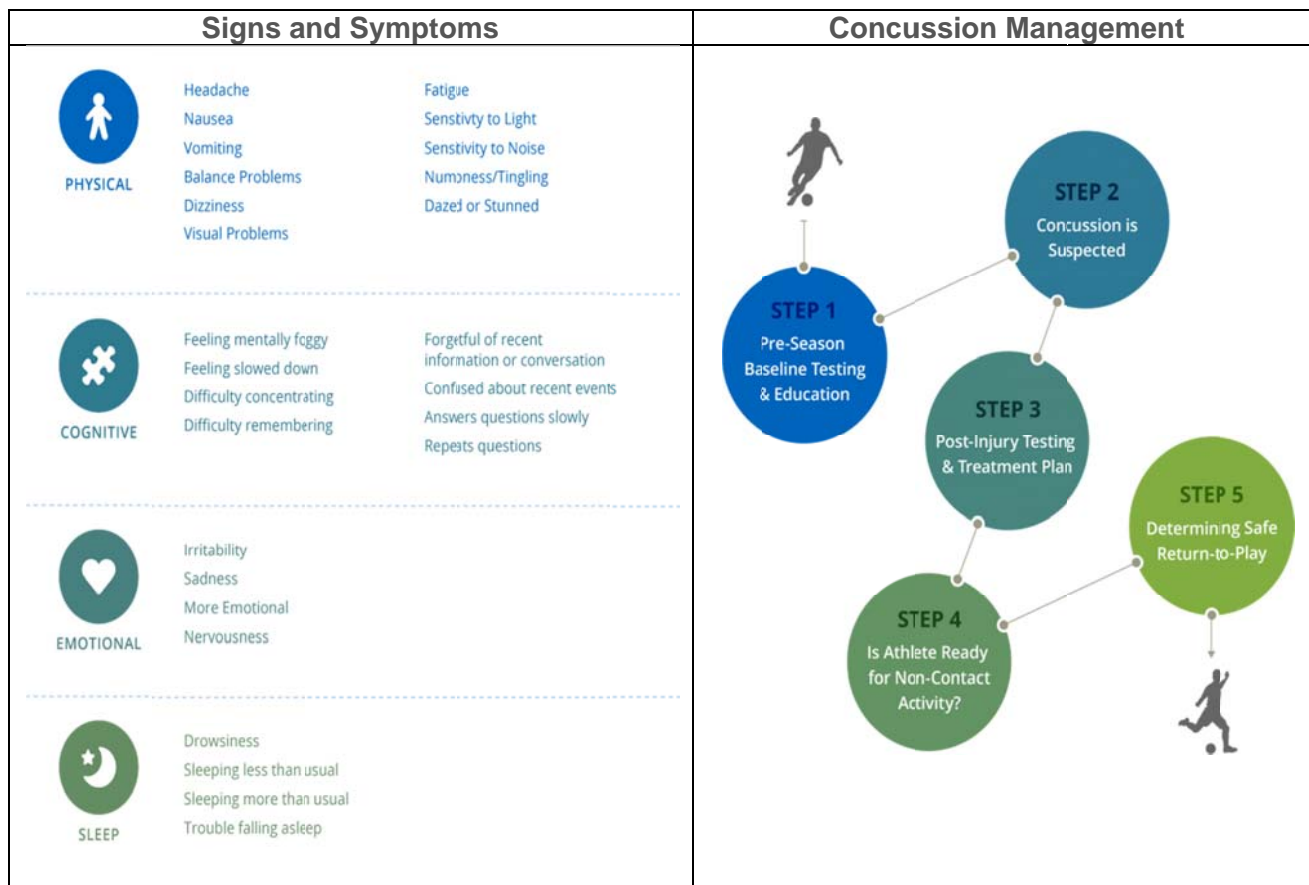




What is a Concussion? A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.



What is ImPACT? ImPACT stands for **Immediate Post-Concussion Assessment and Cognitive Testing**. This 25 minute test is the most-widely used and most scientifically validated computerized concussion evaluation system. ImPACT is a neurocognitive test that will assess attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving, and reaction time.

When and where will my daughter be tested? Your daughter will be base-line tested as soon as she is selected to participate on an athletic team. Testing will be held at school in a computer lab.

How often will my daughter be tested? Baseline tests will be administered every two years.

What if my daughter is suspected to have a concussion? She will be immediately removed from play and the parents will be contacted. ImPACT testing will be given 24-72 hours post-concussion. Referral to a concussion specialist (MD/DO) is advised.

When can my daughter return-to-play? Return-to-play decision will come from the concussion specialist. Your daughter must have no recurring symptoms at rest or following physical or cognitive exertion. ImPACT testing score must return back to baseline value. The FHSAA required AT18 Form is completed and signed off on by concussion specialist, parents, student, and athletic trainer.

Visit <https://www.impacttest.com/> for more information.