



Dear Parent/Guardian,

Once again, the West Perry 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 professional sports, and is fast becoming the “Gold Standard” in recognizing and managing concussion type injuries.

The exam takes about 45-60 minutes, 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.

Your child can take the test from any computer with internet access. If your child will be in 7th or 9th grade, or is playing a West Perry sanctioned sports for the first time, they must complete the baseline. See the reverse side for detailed instructions on how to access the test. Please have your child take this test prior to any future competitions, including scrimmages, as it is requirement for participation.

Please tell your child to take it seriously and complete the test in a quiet environment if possible. Please do not hesitate to contact the athletic trainer at 636-1884 if you have any questions regarding the ImPACT test. Best wishes for a healthy and successful season!

Sincerely,

Kelsey White LAT, ATC
Head Athletic Trainer
CPRS Physical Therapy
West Perry High School

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

ImPACT test instructions for students:

Pre-Injury Assessment Baseline Testing: Getting started

ImPACT testing typically takes between 45 and 60 minutes to complete. The test should be administered in a quiet environment with no distractions such as noise, or interruptions to ensure best performance.

Before taking the test, be sure you are:

1. well rested
2. well hydrated
3. as comfortable and alert as possible
4. has used the restroom facilities

Step 1: Go to www.impacttestonline.com/schools

Step 2: Select **Pennsylvania** from the drop down list that says “please select your organization

Step 3: Click the button that says “launch baseline test”

Step 4: In the empty box provided type the following code: **613A642775**

Step 5: Click the button that says “launch baseline test” (if the test does not open, please check your pop up blocker to allow the program to run)

Step 6: Follow instructions to complete the test.

Please note: You will not receive a final score at the end of the test. Your baseline information will be stored for future reference, should a concussion occur.