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Dear Athletes, Parents and Athletic Staff,

Williamstown High School (WHS) will be utilizing an innovative concussion management program for our student athletes. The program is called **ImPACT (Immediate Post Concussion Assessment and Cognitive Testing)** and involves a computerized exam that the athletes take at the beginning of their athletic season. All athletes who participate in interscholastic sports are requested to take the baseline test on a computer at WHS.

The initial baseline test is valid for a 2 year period of time, unless the student sustains a head injury at which time the test will be repeated. If the athlete is believed to have suffered a concussion during competition/practice, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the treating physician and the athletic training staff in determining the extent of the injury, monitoring recovery, and in making a safe return to play decision. A post-concussion test will be taken under our supervision at school.

Founded by the University of Pittsburgh Medical Center's Sports Concussion Program, this software system is fast becoming the "gold standard" in recognizing and monitoring head injuries. This program is used by professional sports teams and many colleges and high school across the country. General information about the test can be found at www.impacttest.com.

You can take the interactive test as a demo by logging onto:

www.impacttestonline.com/impacttestdemo

Starting with the 2012-2013 school year, incoming Freshmen and athletes that have not been previously tested will take ImPACT prior to the start of their athletic season. The actual exam takes about 30 minutes, but one hour will be allotted for each student to allow for time for logistics and to enter demographic information.

The program is basically set up in a "video game" format. It measures basic skills such as memory, word recognition, and pattern recognition. For example, in one part of the exam, a dozen words intermittently appear on the screen for approximately one second each. The athlete is then asked to recall what words were displayed. This is not a test of intelligence and does not affect the student's academic grades. Results of the test are shared with the student's parents/guardians, the student's physician, WHS nursing staff, athletic training staff, and athletic department staff.

There is no cost associated for this exam. If you have any questions regarding this program, please feel free to contact Karen Gillespie, RN or Dawn Mehaffey, RN WHS School Nurses, at 856-262-2420.
