

Dear Parent/Guardian,

York High School is implementing an innovative concussion management program for all athletes participating in contact/collision sports. This program will provide objective data to assist in the evaluation and treatment of concussions. York High School is participating in the Sports Concussion Program at Access Sports Medicine and Orthopaedics in Exeter and Portsmouth, NH. This program utilizes the ImPACT software. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) was created through a grant by highly trained neurosurgeons and psychologists at the University of Pittsburg Medical Center. It is internet based software used by professional, collegiate and high school athletes across the country. ImPACT is a non-invasive, state-of-the-art, computer-based neurocognitive test that measures memory, concentration, speed and reaction time. It, however, is *not* an IQ test!

Baseline ImPACT testing is essentially a pre-season physical of the brain. Athletes will complete a 20 minute baseline test prior to the start of the season. The baseline testing is provided free of charge through the Access Sports Medicine website. These test results are only useful when an athlete sustains a concussion and will therefore be maintained securely by Access and will only be used when necessary.

Testing can be completed in one of two ways. Accessing the testing portal via the Access Sports Medicine website at **www.accesssportsmed.com** is the primary method. Be sure to follow the provided step-by-step directions for proper registration and log-in. If your computer does not meet test requirements – Flash Player, an external mouse (laptop touch pads are not compatible due to the nature of the test content) and a reliable internet connection – testing can be completed on school computers under the guidance of YHS Athletic Trainer Emily Castaline.

In the event that a concussion is suspected YHS athletes are required to be cleared for return to play by a physician. In conjunction with your child's primary medical provider follow-up evaluation is highly recommended with Dr. Christopher Couture, MD, Director of the Sports Concussion Program. It is suggested that clinical evaluation with Dr. Couture along with repeat testing occur 72 hours post-injury. The ImPACT test is an evaluative tool used along with the clinical presentation of concussion signs and symptoms. The comparison of the baseline and post-injury test results along with in-depth evaluation will help Dr. Couture and Emily make more informed decisions of when it is safe to return to play. Following these guidelines will help decrease the cumulative effects of concussion and may help prevent potentially fatal complications.

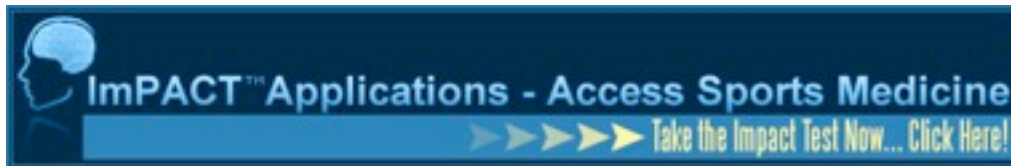
All financial expenses of post-injury care (billable to health insurance providers) by the providing physician will be at the responsibility of the parent or guardian. Any questions or concerns can be addressed with Emily Castaline.

We are excited to take part in the Sports Concussion Program as it provides a high standard of care for our athletes. If you have any questions please do not hesitate to contact Emily at ecastaline@yorkschoools.org.

Thank you for protecting your YHS athlete by agreeing to participate in this vital program!

ImPACT Baseline Testing Instructions

- Go to www.accesssportsmed.com
- Click on “Concussion Program” in the left-hand menu
- The blue ImPACT banner will bring you to the test



- Read testing instructions and make sure your computer meets all requirements
 - External mouse – cannot use laptop touch pad
 - Reliable high-speed internet source (DSL, cable, etc.)
 - Flash Player
- “Click here to register” at bottom of page
- Complete the registration information and continue on to the test
 - Submit information
 - “Launch Baseline Test”
 - A new window will open; check your pop-up blocker if it does not appear
- Follow on-screen prompts and be sure to select “York High School” from the school list
- ***Plan for 25-30 minutes free from distractions to complete registration and testing***

If you have any questions or concerns you can contact Emily Castaline, ATC at ecastaline@yorkschoools.org