



Dear Parent/Guardian,

Catalina Foothills High School utilizes an innovative concussion management program for our student-athletes. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online, computerized exam that each athlete takes prior to the athletic season. We are asking our student-athletes to take the baseline test on their home computer.

If the athlete is believed to have suffered a concussion during competition, the exam is retaken and the data is compared to the baseline test. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return to play decisions.

If an injury of this nature occurs, we will be in contact with you. Post-concussion tests will be taken under our supervision at school.

Founded by the University of Pittsburgh Medical Center Sports Concussion Program. This software system is utilized throughout professional sports and has been mandated in the NHL. Used by many NFL teams, US Soccer and countless colleges and high schools across the country. Additional information can be found at <https://impacttest.com/wp-content/uploads/What-is-ImPACT.pdf> and <https://baselinetesting.com/concussion-101-guide-symptoms-treatment-rehab/>.

The exam takes about 30-40 minutes and is non-invasive. The program is basically set-up as a “video-game” type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. It is a simple exam and most who take it enjoy the challenge of the test. At Catalina Foothills High School, we understand the competitive nature of sports, but we always hold the athlete’s health and safety as our top priority.

PERMISSION SLIP

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read and understood the above information and give permission for my son/daughter to participate in the ImPACT Concussion Management Program. I also agree to ensure a valid baseline test by following the guidelines on the reverse side of this letter.

Printed Name of Athlete _____ Sport _____

Signature of Athlete _____ Date _____

Signature of Parent _____ Date _____

Thank you for participating in our Concussion Management Program!



Baseline ImPact Test Administration at Home

*To ensure a valid test, please follow these instructions. It is very important that you can fully concentrate during the entire test. **Poor performance will result in an invalid test and will require a re-take!***

- Only take the baseline test if you are well rested, have NOT done any physical activity in the last hour, are hydrated, have eaten recently and are not under the influence of any drugs or alcohol.
- Set aside 30 minutes in a quiet room with no distractions to take the test.
- **No headphones or cell phone use during the test.**
- Turn off any televisions, radios, or anything else that can produce background noise.
- Tell siblings and family members about the importance of the test to avoid interruptions or distractions.
- Note the test will begin by asking you background questions called the “demographic” section.
- Other than the initial demographic section, do not ask anyone to help you with your performance during the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.
- There are 6 test sections called “modules.”
- Take your time to read each section’s instructions very carefully. Each module is self-explanatory. Read the directions of each module twice so you understand what each module expects of you.
- It is common to perform the color word match module incorrectly, please read that section’s instructions thoroughly.
- You must use a standard external mouse, or a trackpad throughout the exam. Touch screens are not acceptable.
 - If you have a pop-up blocker installed, you must turn it off for the duration of the test.
 - Close all other programs on your computer before taking the test.
- To take the baseline test, go to: <https://www.impacttestonline.com/testing/>
- Input customer code G7FFHDNMGZ.
- Make certain to select Catalina Foothills High School when asked to “select an organization”.
- Your test results are not displayed once you are finished (all results are password protected). Print the completion screen with the ImPact Passport ID on it and upload the certificate to the “Register My Athlete” website for your child. Keep a copy of the completion certificate, with Passport ID Number, for future use in case of a concussion.

Thank you for participating in our Concussion Management Program!