



Dear Parent/Guardian,



## The Best Approach To Concussion Management

Marist Catholic High School uses an innovative software program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) in order to better manage concussions sustained by our student-athletes. ImPACT is a computerized exam that student-athletes take prior to athletic season. This program assists our team physician and athletic trainer in evaluating, treating, and managing head injuries (e.g., concussion). If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition (preseason) to establish their personal baseline. The exam takes about 25-30 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. It, however, is not an IQ test.

If a concussion is suspected, the athlete will re-take the test within 24-72 hours of injury, and the data is compared to the baseline test. Both the preseason and post-injury test data will be given to Michael Koester, MD and/or your primary care physician for review. The test data is then used as a tool to assist the Athletic Trainer 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 also be taken under our supervision at school.**

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Marist Catholic High School administration, athletic training, and coaching staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. If you have any further questions regarding this program please feel free to contact me on my office phone or by email.

**Please sign and return the bottom portion of this form indicating permission for your son/daughter to take the test.**

Sincerely,  
Mari Gibson, ATC  
Athletic Trainer  
Marist Catholic High School  
[mgibson@marisths.org](mailto:mgibson@marisths.org)  
O# 541-681-5475

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(please cut here and return to Mari Gibson, ATC)

### 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.

Printed Name of Athlete \_\_\_\_\_ Sport \_\_\_\_\_

Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_