



September 10, 2016



Dear Parent(s) / Guardian(s),

Holy Cross Catholic Secondary School will continue to have all athletes take part in the Concussion Assessment and Cognitive testing program. In order to better manage possible concussions sustained by our athletes, Holy Cross will be working with KOPI (Kingston Orthopaedic and Pain Institute) and using an innovative software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. 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. This non-invasive test is set up in “video-game” type format and takes about 30 - 40 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete may be required to re-take the test. Both the preseason and post-injury test data will be evaluated by the credentialed ImPACT physician at KOPI. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete.

The ImPACT testing procedures are non-invasive, and they pose no risks to your child. We are excited to implement this pilot program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. Holy Cross administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience.

All ImPACT baseline testing will be done at Holy Cross under the supervision of coaches. All information will be kept confidential and may only be accessed by KOPI physicians. **The subsidized cost of taking the test will be \$10.00 per athlete. Please return the attached page with \$10.00** as soon as possible. If you have any further questions regarding this program please feel free to contact me.

Sincerely,

P. Melim  
Vice-Principal



CONSENT FORM

I have read the attached information and understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

**Name of Athlete** \_\_\_\_\_

**Sport** \_\_\_\_\_

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date