



**DATE:** March 8, 2011

**TO:** Parents/Guardians of Student Athletes participating in the DHS Interscholastic Sports program  
Student Athletes participating in the DHS Interscholastic Sports Program

**FROM:** John Keleher, Athletic Director  
Ellen Ryan RN, MPH, Director, Health Services  
Timothy Kenefick MD, Medical Advisor

**RE:** ImPACT Concussion Management Screening

In Fall 2010 Darien High School Athletic and Health Services Department implemented the ImPACT Concussion Management Program.

- The ImPACT screening tool is a simple 20 minute web-based neurocognitive battery that measures memory recall and reaction times.
- Developed by the University of Pittsburgh, the program allows trained medical personnel to determine when an athlete should continue athletic participation after suffering a concussion or head injury.
- The intent of this program is to reduce the risk of further injury to your child after suffering a concussion.
- It provides objective data that can help quantify the extent of injury to the brain. This may reduce the likelihood of "Second Impact Syndrome," which can lead to serious or permanent head injury, or even death.
- ImPACT is a program used by the National Football League, the National Hockey League, many minor league teams, and many college and high school programs across the nation.
- A video outlining the benefit of ImPACT can be viewed at [www.impacttest.com/video/ONQMAG.mpg](http://www.impacttest.com/video/ONQMAG.mpg)
- Further information on ImPACT can be found on the web at [www.impacttest.com](http://www.impacttest.com).

Each student athlete participating in interscholastic athletics at Darien High School is encouraged to take a baseline Impact screen prior to the first day of tryouts. In compliance with DHS head injury guidelines & Connecticut State law [PA No.10-62 Substitute Senate Bill No. 456] if while your child is participating in interscholastic sports and is observed to exhibit signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body. Or is diagnosed with a concussion, regardless of when concussion or head injury occurred will be immediately removed from participating any/all intramural or interscholastic athletic activity.

Post head injury student athletes participating in intramural or interscholastic sports will be:

- Excluded from participating in any/all athletic activity
- Required to seek medical attention and get medical clearance from her/his examining health care provider [MD, PA or APRN] to return to athletic activity.
- The health care professional (MD, PA or APRN) evaluating the student athlete post head injury should complete and return the Post-Head Injury Medical Clearance Notice (12-22-10) to the school nurse.
- Post head injury student athletes should report to the school nurse and athletic trainer.



- The school nurse will work in conjunction with the guidance department to communicate and implement any academic and health accommodations as ordered by the student's health care provider (MD, PA or APRN).
- **NOTE:** Any/all post head injury health accommodations will be terminated when the student has been medically cleared to return to full activity- pending any special recommendations from the treating health care provider (MD, PA, or APRN).

#### Medical Clearance and Progressive return to activity:

Post head injury student athletes will not be permitted to participate in any/all supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until she/he receives written medical clearance to participate in such supervised team activities involving physical exertions from the examining health care provider [MD, PA or APRN].

- Upon receipt of the Post Head Injury medical clearance to participate in full, unrestricted supervised team activities without limitations on contact or physical exertion from student's health care provider [MD, PA or APRN], the DHS athletic trainer will initiate a gradual return to physical activity.
- A gradual return to athletic activity typically requires 4-5 days of symptom free progressively more intensive activity before a student athlete is authorized by the DHS athletic trainer to return to athletic activity.

#### **Preparing for the Online Baseline ImpACT Screen**

- You are able to run the online Baseline ImpACT screen if you have a computer with internet connection
- If you are using a laptop computer, you must use an external mouse
- Do not run the laptop from the battery, use the A/C connection
- Close all other programs before starting the baseline assessment. If you have a **pop-up blocker installed**, you will need to **turn it off or temporarily allow pop-ups from our site**
- Make sure you are using Internet Explorer 5.0 and above or Firefox. The baseline ImpACT screen is currently **ONLY** supported by these browsers
- You must have the most current Macromedia Flash Player installed on your computer to take the baseline ImpACT screen
- You can download Adobe Flash Player for free at [www.adobe.com/products/flashplayer](http://www.adobe.com/products/flashplayer)
- To ensure that results are accurate, a **parent/guardian should supervise the student-athlete** during the baseline ImpACT screen procedure
- The baseline ImpACT screen will take approximately 20 to 30 minutes
- To ensure the most accurate result, turn off music, TV, or other background noises while taking the baseline assessment. These things can potentially interfere with your ability to answer clearly
- If you do not have access to a computer with internet connection or have other problems in taking the baseline ImpACT screen, please contact John Keleher, Athletic Director, 203.655.3981 ext. 2263 or 2241.



## Accessing Online Baseline ImPACT Screen

- Student athletes can access the ImPACT Test procedure by logging onto the ImPact Link: <https://impacttestonline.com/schools>
- This is for your immediate and personal use only and should not be shared with others
- You will be linked directly to the assessment website
- Select *Connecticut* then click on the *Launch Baseline Test* button
- School code is: EZDWPCSEN8
- Please only take the test once. There are a limited amount of tests that can be done through this site and we cannot afford to waste tests
- Only current student athletes attending DHS should test through this site
- Initially, you will be directed to a series of questions that you will need to answer before taking the baseline assessment. Please answer all questions as honestly as possible
- Follow the instructions carefully. Missing key instructions or not giving the baseline assessment your full attention will affect your results
- Put in your best effort. This is a difficult assessment. No one gets everything right, so don't get frustrated
- If you become confused about the directions, continue to do your best
- If you are unable to complete the assessment, please contact John Keleher, Athletic Director, 203.655.3981 ext. 2263 or 2241