



Dear Parent/Guardian,

St. Paul's School for Girls school is continuing with the sports injury management program for student-athletes implemented years ago. This program is designed to assist our team physician and athletic trainer in evaluating and treating head injuries. In order to better manage concussions sustained by our student-athletes we will utilize a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). This is a computerized exam utilized in many professional, collegiate and high school sports programs across the country to successfully identify and manage concussions. If an athlete is believed to have suffered a head injury, ImPACT is used to help determine the severity of the head injury and when a student-athlete may safely return to participation.

The computerized program is taken by all of our students prior to their freshman year and again prior to the start of their junior year. This "test" is set up in a game format and takes roughly 25-35 minutes to complete. This program is designed to track information such as memory, reaction time, speed and concentration, all of which can be affected with a brain injury. The baseline measurements provide medical professionals with a starting point in case of injury.

If a concussion is suspected, the student-athlete may be asked to re-take the test. Both the baseline and post-injury test data is given to a Licensed Health Care Provider to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable health care professionals to determine when return-to-play is safe and appropriate for the injured student. If an injury of this nature occurs to your child, you will be promptly contacted.

We wish to reiterate that the ImPACT testing procedures are non-invasive and pose no risks to your student-athlete. We are excited to use this tool as it provides us with the best information for managing concussions and preventing potential brain damage that can occur with a multiple concussions. St. Paul's School for Girls administrators, coaching and athletic training staff are working to ensure your child's health and safety as they participate in the student athletic experience.

Sincerely,

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**\*\* Due to the COVID19 pandemic we will be utilizing a new feature offered by ImPACT and test students from home. With a one-time code, student-athletes will be able to complete this baseline testing in their homes. We are trusting them to use their honor code to complete the test on their own and prevent a discrepancy in the test at a later time.**