



## Malta High School Extracurricular Activities ImPACT Testing

Dear Parent/Guardian,

Malta High School is currently implementing an innovative program for our student-athletes. This program will assist physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a 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 athletic practice or competition. This non-invasive test is set up in “video-game” type format and takes about 20-30 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 will be required to re-take the test. Both the preseason and post-injury test data is given to a doctor or mid-level provider to help evaluate the injury. 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. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

The ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. The testing is required and free to all Malta High School student athletes. This program provide us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Malta High School administration and coaching staff are striving to keep your child’s health and safety at the forefront of the student athletic experience.

**Required baseline testing will occur previous to the start of fall practices on August 11 and 12. Sign-up through the high school office to reserve an appointment to test on the listed dates. Return the attached consent form with the appropriate signatures to the high school office.**

If you have any further questions regarding this program please contact the appropriate school official at Malta High School at 654-2002.