

Dear Parents,

This year at Manitou Springs High School we are instituting some changes regarding concussion management and our protocol for athletes return to activity. Along with the physician's release, we will be using *ImPACT* testing to determine when an athlete has fully recovered from a concussion and is back to normal neurocognitive function.

ImPACT is a computer based testing program developed to test a person's neurological function and determine what "normal" is for each individual. This program measures each person's systems, verbal and visual memory, processing speed, and reaction time. *ImPACT* is the only test designed to measure the neurocognitive function, which is affected with a concussion. CT scans and MRIs can only determine if there is a hematoma, or bleeding around the brain. Hematomas occur in less than 10% of all concussions. By implementing the *ImPACT* testing system this year, we will have a definitive test to know when each athlete's brain is fully recovered from a concussion, therefore, eliminating the chance that they will return to activity before they are completely healed.

Each new athlete will complete a baseline test before they are able to participate in any activity, and every other year thereafter. If they sustain a concussion, a follow-up test will be conducted no sooner than 3 days post-injury provided all symptoms have subsided. If an athlete chooses to take their follow-up exam with their family physician they must bring a copy of the test results to the Manitou athletic trainer. Once an athlete has a medical release note from their family physician and has completed a follow-up test with scores matching their baseline test, they will begin a step-wise program for their return to play (we will follow the REAP protocol to return to practice). They may only progress through one step per day.

STEP 1: light exercise (5-10 minutes on an exercise bike or light jog--no weight lifting!)

STEP 2: running in the gym or on the field without a helmet or other equipment

STEP 3: non-contact training drills in full uniform (may begin light weight training)

STEP 4: full-contact practice or training

STEP 5: return to games

If at any point symptoms return, athletes will begin the process at the beginning and will receive another *ImPACT* exam after all symptoms have subsided. We are implementing everything available to us to help ensure the health and safety of your child. For more information on the *ImPACT* test, please visit: www.impacttest.com.

Thank you,

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