



D A R I E N H I G H S C H O O L H O M E O F T H E B L U E W A V E

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Date: September 14, 2010

To: Parents/Guardians of Darien High School Student Athletes participating in the DHS Interscholastic Sports program and Darien High School Student Athletes participating in the DHS Interscholastic Sports Program.

From: John Keleher, Athletic Director, Darien Public Schools
Ellen Ryan RN., MPH, Director of School Health Services, Darien Public Schools
Timothy Kenefick MD., Medical Advisor, Darien Public Schools

Subject: ImPACT Concussion Management Screening

The Darien High School Athletic and Health Services Department are excited to be implementing the ImPACT Concussion Management Program. The ImPACT screening tool is a simple 20 minute-long 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 son or daughter 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.

Each student who participates in interscholastic athletics at Darien High School is required to take a baseline Impact screen. As the program is implemented during Fall, 2010 - student athletes participating in Fall 2010 interscholastic sports will be required to take a baseline ImPACT screen **prior to their first scheduled game.** Thereafter student athletes participating in winter 2010-2011 and spring 2011 interscholastic sports will be required to take a baseline Impact screen **prior to the first day of tryouts.**

In the future, while the student athlete is participating in interscholastic sports, the coach of any intramural or interscholastic athletics shall immediately remove a student athlete from participating in any intramural or interscholastic athletic activity who; Is observed to exhibit



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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 such concussion or head injury may have occurred.

Parents/Guardians will be notified and recommendations for care and referral will be made at that time. The student athlete has been excluded from participating in any intramural or interscholastic athletic activity due to any observed signs, symptoms or behaviors which the student athlete exhibited consistent with a concussion following an observed or suspected blow to the head or body. The student athlete must have the symptoms which he/she has exhibited that are consistent with a concussion evaluated by a licensed physician (medical doctor).

Post injury the student athlete should report to the school nurse and the athletic trainer. The school's nursing staff will be made aware of the injury so that any academic accommodations related to a diagnosis of concussion as ordered by the student's physician can be made in conjunction with the guidance department. Post injury the athletic trainer will conduct a post-injury ImPACT screen within the first 48-72 hours of the injury. If a baseline pre-injury ImPACT screen exists on the athlete the athletic trainer will provide the athlete with a copy of his/her initial baseline pre-injury ImPACT screen clinical report and a copy of the post-injury ImPACT screen clinical report. The student is advised to give the baseline pre-injury ImPACT screen clinical report and the post-injury ImPACT screen clinical report to his/her physician to assist the physician in assessing and treating the head injury.

The student athlete will not be permitted to participate in any supervised team activities involving physical exertion, including, but not limited to, practices, games or competitions, until the student athlete receives written clearance to participate in such supervised team activities involving physical exertion from the licensed physician (medical doctor) that evaluated him/her post injury. In addition following clearance, the student athlete will not be permitted to participate in any full, unrestricted supervised team activities without limitations on contact or physical exertion, including, but not limited to, practices, games or competitions, until the student athlete

- (A) No longer exhibits signs, symptoms or behaviors consistent with a concussion at rest or with exertion, &
- (B) Receives written clearance to participate in such full, unrestricted supervised team activities from the licensed physician that has treated and evaluated the student athlete post injury.



DARIEN HIGH SCHOOL HOME OF THE BLUE WAVE

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A video outlining the benefit of ImPACT can be viewed at
www.impacttest.com/video/ONQMAG.mpg.

Further information on ImPACT can be found on the web at www.impacttest.com. If you have any questions, please contact the school's athletic trainer through the athletic office.

Preparing for the Online Baseline ImPACT Screen

You will be able to run the online Baseline ImPACT screen smoothly from your computer:

- If you have a desktop or laptop computer with internet connection. If you are using a laptop computer, you **must use an external mouse**. Also, 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.
- 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 Darien Public Schools, at (203) 655-3981 ext.2263 or ext 2244.



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Accessing the Online Baseline ImPACT Screen

- **The student-athlete 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. 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 Darien High School should be testing 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, keep trying to do your best.
- **Contact John Keleher, Athletic Director Darien Public Schools, 203-655-3981 ext . 2263 or ext. 2244, if you do not want your son or daughter to participate in the ImPact Screen or if the student athlete has any problems and/or questions regarding the baseline assessment or if you were unable to complete the baseline assessment.**