

2013

Dear Parent/Guardian,

Cliffside Park High School is currently implementing an innovative program for our student-athletes. This program will assist us in evaluating and treating head injuries (e.g. concussion). In order to better manage concussions sustained by our student-athletes, Cliffside Park High School has 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. Sport programs that are currently using ImPACT are as follows: The National Football League, The National Hockey League, Major League Baseball, Major League Baseball umpires, NASCAR, USA Olympic Hockey, USA Ski/Snowboarding teams, military program, over 200 universities in the USA and over 700 high schools in the USA. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of the head injury and when the injury has finally healed.

The computerized exam is given to all athletes before beginning their sport practice or competition season. This non-invasive test is set up in "video-game" format and takes about 15-20 minutes to complete. It is simple and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a pre-season 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 pre-season and post-injury test data is then collected and evaluated by myself in conjunction with the student-athletes physician. The test data will enable us to determine when return-to-play is appropriate and safe for the injured athlete. The information gathered can also be shared with our team physician. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by both Cliffside Park High School and The Brain Injury Association of New Jersey. In order to ensure and guarantee your child's anonymity, I have set up an anonymous data submission system.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. I am excited to implement this program given that it provides Cliffside Park High School with the best available information for managing concussions and preventing potential brain damage

that can occur with multiple concussions. The Cliffside Park Board of Education, administration, coaching and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience.

Should you have any further questions about the program, please feel free to contact myself, or our Athletic Director, Mr. John Lombardo, at the high school,

Sincerely,

PHIL Struzzi, MS, ATC, ATL  
Athletic Trainer at Cliffside Park High School

ImPACT TESTING CONSENT FORM

For use of the immediate Concussion Assessment and Cognitive Test (ImPACT)

I have read the attached information and I understand its content. I have been given an opportunity to ask questions and any questions that I have asked been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete \_\_\_\_\_

Sport \_\_\_\_\_

Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_