



Dear Parent/Guardian,

St. Francis High School is currently implementing an innovative program for our student-athletes. This program will assist our team 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.

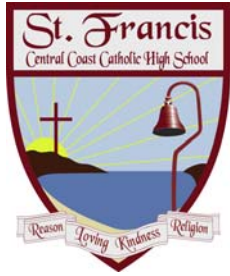
The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test. This baseline test is done once during a student’s tenure at St. Francis. We will be starting this ImPact testing as of February 3, 2011 (beginning with our spring sport athletes) and in order to participate in sports at St. Francis, all student-athletes must complete the test. Each coach will set up a test day for his/her team and each student-athlete must bring in the signed consent form in order to take the 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 Dr. John Whitley, team doctor for the San Jose Sharks and will be working with us on the implementation on this program, to 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. An athlete will not be allowed to return to play until cleared by Dr. Whitley.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The administration, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. Please sign the attached consent form and send it with your student on their test day. No student will be tested without this completed form. If you have any further questions regarding this program please feel free to visit the website below or to contact me at 831-724-5933 x207.

Sincerely,

Jennifer Watson
Athletic Director



Concussion Monitoring Program Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

The signatures below indicate permission to participate in the St. Francis concussion monitoring program (ImPact). I understand that this participation is required of any student-athlete prior to his/her participation in any practice or contest. This consent form must be brought on test day in order to take the test.

Printed Name of Athlete _____

Sport _____

Signature of Athlete

Date

Signature of Parent

Date