



SAINT ANN'S SCHOOL

Recreational Arts

INFORMATION ABOUT CONCUSSIONS AND IMPACT TESTING

Dear Parents and Guardians,

For the safety of our student athletes, Saint Ann's School adopted a program called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) in the fall of 2012.

Moving forward, the ImPACT program will be a mandatory part of participating in team sports for 7th–12th graders at Saint Ann's. This assessment is required **every year** for our student athletes.

The ImPACT assessment is a 30-minute online program that is completed here at school under the supervision of our athletic trainer, Nicole Hovey. Athletes must take this baseline assessment prior to the team's first tryout. In the event that a player sustains a head injury, this information can be compared to a post-concussion assessment, and be used by parents, our medical staff, and the student's medical provider in evaluating the injury and managing recovery. The ImPACT results are, of course, confidential and will only be used in the event that a head injury occurs. Parents may request a copy of the results at any time.

Once a student has signed up for a team, we will help them arrange for ImPACT assessment in school with our athletic trainer. Assessment times are generally available during the lunch period.

If you have any questions at all, please do not hesitate to contact us. For further information about ImPACT or concussion management, please visit the Recreational Arts and Athletic Department webpage.

Thank you,

Carolyn Lattimer
Co-Chair, Recreational Arts Department

Soren Madsen
Co-Chair, Recreational Arts Department