

Increasing awareness and promoting proper management of sports related concussions.



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Your child's high school is currently implementing an innovative program for student athletes through the Indiana Sports Concussion Network. This program will assist team physicians/athletic trainers in evaluating and concussions. In order to better manage concussions sustained by student-athletes, the Indianapolis Colts have gifted the opportunity to create a baseline test using 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 a tool used to help confirm when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition to create a baseline. Not to be confused with an IQ test, the ImPACT test tracks information such as memory, reaction time, speed, and concentration.

If a concussion is suspected, the athlete should take a post-injury test to use as comparison to the baseline test. Both the preseason and post-injury test data is used to help evaluate the injury. The test data will enable the physicians to determine when return-to-play is appropriate and safe for the injured athlete.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by the ISCN and The University of Pittsburgh Medical Center (the developer of the ImPACT software). This data may anonymously be submitted to UPMC for their research purposes. At no point will your child's personal information be released for non-medically necessary reasons.

We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your child. We are excited to implement this program given that it provides us the best available information at this time for managing concussions and preventing potential brain damage that can occur with multiple concussions. The school administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. More information about the test and concussions can be found at [www.impacttest.com](http://www.impacttest.com) and [www.IndianaSportsConcussionNetwork.com](http://www.IndianaSportsConcussionNetwork.com).

If you are concerned that your child may have a concussion, please seek immediate medical attention. There are many physicians in Indiana that are trained to use the ImPACT program to assess when it is safe for your child to return to play. These physicians can access the baseline test results and compare those to the post-injury test that your child will take in the physician's office. If your child's high school utilizes a certified athletic trainer to assist in medical care, contact him/her for assistance in identifying symptoms of a concussion. If at any time, you believe your child is experiencing a medical emergency, go to the closest hospital emergency department. However, be aware that a "normal" CT or MRI scan of the brain does NOT mean

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that it is safe for your child to return to activities. For the most accurate return to play decision and to reduce the risk of complications from an unhealed concussion, your child should take a post-injury test with an ImPACT trained physician; those physicians are listed on our website under “ISCN Clinicians”.