



Montgomery Township Schools
Department of Athletics
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Kris Grundy
Director of Athletics

Dear Parent/Guardian,

Montgomery High School is currently using an innovative program for our student-athletes. The program is called "ImPACT" (Immediate Post Concussion Assessment and Cognitive Testing). This computer-based program will assist our team physician, athletic trainers, and other medical personnel in evaluating and treating head injuries (e.g., concussion).

This additional level of care for your student athlete was made possible through the auspices of the **Montgomery Township Education Foundation**, an independent, non-profit organization that funds programs to benefit Montgomery Township public school children. Medical review of the data collected through the ImPACT Program provides a layer of safety in insuring your child is ready to return to athletic activities after suffering a concussion.

The ImPACT Program is a non-invasive testing tool that measures cognitive functioning prior to head injury. This series of neurocognitive, pre-injury tests provide a baseline by which recovery is measured. The program measures attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving, and reaction times. Since symptoms of concussion can be subtle and often unnoticed by the athlete, their parents, and coaches, this program will assist in the evaluation related to your child's cognitive functioning.

Baseline testing will be conducted during the student-athletes freshman and junior years. All athletes that are new to sports or new to the district that are not freshman or juniors will need to take the baseline test as well. In addition, any athlete that has been diagnosed with a concussion will be required to take the baseline test each year.

If a concussion is suspected, the athlete will be required to re-take the test. Both baseline and post-injury test data will be reviewed by the athletic training staff. The results of the test will be made available for your family doctor or any health care specialist you choose. The test data will assist 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.

The coaches, trainers and administrators of Montgomery Township schools want to make sure your child participates safely in our athletic programs.

PLEASE SEE TEST PROCEDURE ON REVERSE SIDE

Sincerely,

Kris Grundy

ImPACT Testing Instructions

Baseline testing will be conducted during the athlete's freshman and junior years. All athletes that are new to sports or new to the district that are not freshman or juniors will need to take the baseline test as well. In addition, any athlete that has been diagnosed with a concussion will be required to take the baseline test each year. **If you have already taken the baseline test during the current school year, you are not required to take it again. If this is your first time taking the baseline test this school year, then follow the instructions below.**

A. Before you Begin:

Setting up Your Computer Station

The testing application requires Flash Player 9 or higher be installed in your browser. **We recommend using Microsoft Internet Explorer, version 11 or higher, with Flash Player;** there have been numerous problems reported when using Google Chrome where the application crashes mid-test.

- If your version of Internet Explorer does not have Flash Player installed, go to the Adobe website at "<https://get.adobe.com/flashplayer/otherversions/>" and download & install.

Make sure that you have a good test environment and you can devote 45 min with minimal distractions before you begin the test. Close out all other applications. A parent should be present to supervise and guide the athlete through the baseline test. Once you begin the test, you must complete the entire test without stopping.

Primary Information

Basic information will be required, including language preference and units of measurement (height/weight) preference.

What does the test consist of?

The baseline test is divided into 3 components:

- (1) The first component asks sports and health history questions and should be complete by a parent.
- (2) The second component asks about the athlete's current symptoms and conditions, and should be completed by a parent.
- (3) The third component is an interactive neurocognitive test to be completed by the athlete

B. Accessing the Test:

Go to website: www.impacttestonline.com/schools/

Enter ImPACT code (Customer Code): c06f83d3d0 (use zero's not o's)

Then click the "Launch Baseline Test" button

C. Getting Started:

Component 1 – Sports and Health History

Please have a parent help you fill out the information in this component.

This section requires you to fill in information in several areas: general, language, education, sports, concussion history and other health history. On the school/organization page, please be sure to select "New Jersey" and then "Montgomery High School". On the current sports page, please fill in your sport as the current sport. If your sport is not listed, then click "other". Then indicate how many years you have played at the high school level.

Component 1 – Concussion History

Please have a parent help you fill out the information in this component.

This section asks questions about your concussion history, including dates of most recent concussions.

Click "Enter Additional Demographics" NOT "Skip Additional Demographics"

Component 2 – Current Symptoms

Please have a parent help you fill out the information in this component.

This section requires you to fill in information about your current symptoms and conditions, such as amount of sleep and medications. When answering, 1 = the lowest degree and 5 = highest degree.

Component 3 – Neurocognitive Test

This section should be completed by the athlete. There are several parts of the test. Answer all of the questions independently and to the best of your ability. The parent should not help the athlete in this section.

AT THE CONCLUSION OF THE TEST, BE SURE TO PRINT OUT THE TEST CONFIRMATION PAGE AND CLICK "DONE" BEFORE YOU CLOSE OUT OF THE PROGRAM, IN ORDER TO SAVE THE TEST DATA.