

Northland Pines Middle and High School uses an innovative program for our student-athletes that 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 is not an IQ test.

If a concussion is suspected, the athlete will be required to retake the test. Both the preseason and post-injury test data is given to a local doctor to help 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.

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 Northland Pines High School administration, coaching, and athletic training staff are striving to keep your child’s health and safety at the forefront of the student athletic experience. If you have any further questions regarding this program please contact Josh Tilley, Activities Director, at (715) 479-6286.



ImPACT Consent Form

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

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

Printed Name of Athlete

Signature of Athlete

Date

Signature of Parent

Date



Marshfield Clinic®

Sports Medicine

Concussion information for athletes, parents and coaches

What you need to know about concussion:

- A concussion is an injury to the brain that disturbs its normal functioning.
- Concussion can be caused by a bump to the head or a blow to the body.
- Concussion may occur during practices or games in any sport.
- Concussion does not always result in, or from, a loss of consciousness.

All concussions are serious.

- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.
- Signs and symptoms of a concussion may be apparent right after the injury, but in some instances, the symptoms may not present for hours or days following the initial injury.

Symptoms observed by parents, guardians and coaches:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instructions
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Cannot recall events prior to or after hit or fall
- Has unequal pupil dilation

Symptoms reported by the athlete:

- Headache
- Feeling “in a fog”
- Loss of appetite
- Low energy or feels run down
- Feeling “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

Immediate action to take:

Athletes who report or exhibit any of these signs or symptoms must be immediately removed from play until given written permission to return by a health care professional with experience in evaluating and managing pediatric concussions and head injuries. An athletic coach or official involved in a youth athletic activity shall remove an athlete if it is determined that the athlete exhibits signs, symptoms or behavior consistent with a concussion or head injury, or suspects the person has sustained a concussion or head injury per *Wisconsin Act 172 – Concussions in Youth Athletic Activities*.

To reduce concussion risk:

- Ensure all athletes follow the safety rules and rules of the sport
- Practice good sportsmanship at all times
- Make sure the proper protective equipment is worn and fitted correctly, and maintained properly
- Review the signs and symptoms of a concussion before every sports season

If a concussion is suspected:

- Do not ignore the symptoms of a head injury.
- Seek medical attention right away.
- Stay out of play to allow the brain to heal and to help avoid permanent brain damage.
- Make sure coaches and parents are aware of any concussion injury.
- Allow time for rest to help the brain heal. (Sleeping is permitted ensuring the athlete can be awakened.)
- Avoid taking pain medications soon after a concussion to keep from covering up symptoms.
- Modifications also may need to be made at school and can be directed by your healthcare provider

Prevent long-term problems:

- Do not play with a concussion. Discourage athletes from pressuring injured athletes to play and persuade athletes to admit if they are not “just fine.”
- Avoid repeat concussion. Concussions that occur before the brain recovers from a first concussion can result in long term conditions:

Second-impact syndrome – a second blow to the head while recovering from an initial concussion can result in catastrophic consequences

Post-concussion syndrome – chronic cognitive and neurobehavioral difficulties because of an initial injury or recurrent injury

Return to play recommendations:

A sample five-day return to play routine is as follows. Each of these phases generally takes one day. If any symptoms are experienced up to 24 hours following, the activity must be stopped immediately and a health care provider should be contacted.

- Day 1** No activity. Rest until no symptoms.
- Day 2** Light aerobic exercise.
- Day 3** Sport-specific training
- Day 4** Non-contact drills
- Day 5** Full-contact drills
- Day 6** Game play

(Continued)

What generally should be expected for recovery?

Most young people will recover completely within two weeks from a single concussion. Some people can take longer to recover than others.

Proper recognition and management of a sports concussion can allow athletes to safely participate in sports they enjoy. Remember – “If in doubt, sit out!”

Sources:

2011 Wisconsin Act 172: Concussions in Youth Athletic Activities;

<http://docs.legis.wisconsin.gov/2011/related/acts/172>

Centers for Disease Control and Prevention: Heads Up – Concussion in Youth Sports;

www.cdc.gov/concussion/HeadsUp/youth.html

Marshfield Clinic Sports Medicine: Concussion - General guidelines and instructions for the care of a sports-related concussion; 098-018(10/09)