

METHACTON HIGH SCHOOL

FALL CONCUSSION ImPACT BASELINE TESTING EXPLANATION AND INSTRUCTIONS

The Sports Concussion Program with Moss Sports Rehab focuses on the prevention, evaluation, and management of concussion injuries. The goal of the program is to safely return the athlete to play following a concussion through the implementation of a comprehensive concussion management program. As part of the concussion evaluation, the program uses a computerized assessment measure called [ImPACT \(Immediate Post-Concussion Assessment and Cognitive Testing\)](#) to help determine when full recovery has occurred. ImPACT is a computerized neuropsychological assessment of memory, attention, reaction time, processing speed, and post-concussion symptoms that is currently being used by the NFL, NHL, MLB, as well as numerous colleges, high schools, and organizations. ImPACT provides specific, objective information regarding the severity of the injury and can help take the guess work out of return to play decisions as well as prevent the cumulative effects of multiple concussions. These tests are regarded as privileged medical information and results are not shared with anyone besides the medical staff.

Who needs ImPACT Testing:

All students who participate in the following sports must be compliant with the ImPACT baseline testing program prior to participation:

Baseball	Field Hockey	Soccer (boys/girls)	Pole Vault (boys/girls)
Basketball (boys/girls)	Football	Softball	Volleyball
Cheerleading	Lacrosse (boys/girls)	Swimming/Diving (boys/girls)	Wrestling

Baseline Testing Frequency Policy

Baseline testing is done at least every **two** years. Any Freshman and Juniors must take a baseline test, **regardless of the date of last baseline**. In addition, any Sophomores or Seniors that did not take a baseline in the previous year, transfers, and new student-athletes must also take a baseline test. Baseline tests are good for the entire year. An athlete does not need to repeat a baseline test for another season. If an athlete's score are deemed potentially invalid by the program, a new baseline must be taken.

Athletes who participate in other sports than those listed above are welcome to take a baseline test on an optional basis. If you are unsure if you need to take a baseline test for the upcoming year, please contact the Athletic Trainer (zolds@methacton.org).

Dates for Fall 2017-2018 Baseline ImPACT Testing:

Monday June 19, 2017: 9:00am-12:00pm	Wednesday July 26, 2017: 12:00pm-3:00pm
Tuesday June 20, 2017: 9:00am-12:00pm	Thursday July 27, 2017: 9:00am-12:00pm
Monday July 17, 2017: 9:00am-12:00pm	Monday July 31, 2017: 12:00pm-3:00pm
Tuesday July 18, 2017: 9:00am-12:00pm	Tuesday August 1, 2017: 9:00am-11:00am
Wednesday, July 19, 2017: 12:00pm-3:00pm	Wednesday, August 2, 2017: 9:00am-11:00am

Testing will take place in Classroom C161 near the breezeway of the High School. If a change in location is needed, information will be posted on classroom door. Baseline testing will take approximately 40 minutes to complete.

*****Please note your child cannot participate in practices or events until they are compliant with Methacton High School's ImPACT baseline testing program. Any questions can be directed to the Athletic Trainer, Zachery Olds, at zolds@methacton.org*****