

Dear Parent/Guardian,

The Newberg School District is committed to the safety and well-being of our student-athlete. To that end the district uses a specific concussion management program. This program will assist our athletic trainer and medical personnel in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athlete, 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 potential concussions. If student-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 student-athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 30 minutes to complete. It is simple, and actually many student-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, however, is not an IQ test.

If a concussion is suspected, the student-athlete will be required to re-take the test. Both the preseason and post-injury test data is viewed by our Certified Athletic Trainer and a credentialed ImPACT consulting physician, neuropsychologist or a neuropsychologist. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-participation is appropriate and safe for the injured student-athlete. If an injury of this nature occurs to your child, you will be contacted with all the details.

We wish to stress that 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 Newberg School District administration, athletic training, coaching, and Providence Medical staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me.

Sincerely,

Gretchen Nylander
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Newberg High School
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