



Dear Parent/Guardian,

The Pleasant Hill School District is committed to the safety and well-being of our student-athletes. 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-athletes, we have acquired a software program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing).

This letter is to inform you that all student-athletes will be required to take the ImPACT Concussion test before they will be eligible to compete in any contest.

Concussions can occur in any sport or physical activity. As children and athletes of all ages are playing longer and harder than ever before, the potential for concussion (classified as a mild traumatic brain injury -TBI), continues to increase.

Pleasant Hill Athletics recognizes the risks associated with sport and has adopted the ImPACT Concussion Management Model to provide a baseline test of cognitive function.

The computerized exam is given to student-athletes prior to practice or competition. This non-invasive test is administered by the athletic trainer and takes about 30 minutes to complete. If a concussion is suspected, the student-athlete will be required to re-take the test. Our Certified Athletic Trainer and a credentialed ImPACT consulting physician view both the preseason and post-injury test data. The information gathered can also be shared with your family physician. 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.

**The ImPACT Test is:**

- One important piece of the overall concussion evaluation and management process.
- A sophisticated test of cognitive abilities.
- The most scientifically researched concussion management tool.
- A tool that can help health care professionals track recovery of cognitive processes following concussion.
- A tool to help communicate post-concussion status to athletes, coaches, parents, clinicians.
- A tool that helps health care professionals and educators make decisions about academic needs following concussion.

**The ImPACT Test is not:**

- A "panacea" or cure-all for concussion, as there is no such thing. As long as contact to the head occurs, concussions will continue to happen.
- A tool to diagnose concussion, which should always be diagnosed by a qualified health care provider.
- A substitute for medical evaluation and treatment.

For more information on ImPACT features please click on the following link:

<https://www.impacttest.com>

If you have any further questions regarding this program, please feel free to contact me.

Sincerely,

Jill Pallin  
Certified Athletic Trainer  
Pleasant Hill High School  
541-736-0780  
[jpallin@pleasanthill.k12.or.us](mailto:jpallin@pleasanthill.k12.or.us)

Erik Hoberg  
Assistant Principal/Athletic Director  
Pleasant Hill High School  
541-736-0706  
[ehoberg@pleasanthill.k12.or.us](mailto:ehoberg@pleasanthill.k12.or.us)