

Dear Parents/Guardians and Student-Athletes,

The safety of all our students is a top priority at the Randolph School District. To emphasize this we are utilizing ImPACT (Immediate Post Concussion Assessment and Cognitive Testing), an innovative program for our student-athletes who participate in contact and/or higher risk sports. This program will assist physicians and athletic trainers in evaluating and treating head injuries (e.g., concussions). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to assist in successfully diagnosing and managing concussions. If a student-athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of the head injury and to assist the physicians and athletic trainer develop the best course of recovery for each individual student-athlete.

This computerized exam is given to student-athletes before beginning contact sport practice or competition. This noninvasive, neuropsychological test is set up in a “video game” type format and takes about 20 – 25 minutes to complete. It is simple and 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, concentration. It is NOT an IQ test, and the testing poses no risks to your student-athlete.

If a concussion is suspected, a student-athlete will have the opportunity to retake the ImPACT test. The school’s athletic trainer will advise you to consult a physician to evaluate the results. The information gathered can also be shared with your family doctor. The objective test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured student-athlete. If an injury of this nature occurs to your child during practice or competition, you will be promptly contacted with all the details.

The ImPACT testing and retesting is free of charge as a result of efforts by the Randolph School District. Please note that all other medical treatment costs will be the responsibility of the family just like it is for any other injury a student-athlete may sustain. 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 health and safety of your student-athlete is at the forefront of the RSD student athletic experience.

Please visit [www.wiaawi.org](http://www.wiaawi.org) and click on *Concussion Info* to learn more about concussions. More information on ImPACT testing may be found at [www.impacttest.com](http://www.impacttest.com).

Sincerely,

Vincent Propson  
*Activities Director, RAA*

# ImPACT (Concussion Baseline) Testing Consent Form

**Printed Athlete Name**

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**Projected Sports this Year**

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**Please note: Beginning with the 2020 school year, ImPACT testing is mandatory for all student-athletes in the following sports: Football, Volleyball, Soccer, Wrestling, Gymnastics, Basketball, Hockey, Cheer/Stunt, Baseball, and Softball.**

**ImPACT testing is optional for: Tennis, Swimming, Cross Country, Golf, Dance, Track & Field, Figure Skating.**

Please check one of the following:

- Yes**, please administer an ImPACT baseline test to my student-athlete. I have read the attached information. I understand its contents and have been given an opportunity to ask questions about ImPACT testing. All of my questions have been answered to my satisfaction at this time. I agree to participate in the ImPACT Concussion Management Program (baseline testing, and any post-concussion testing that may be deemed necessary).
- Please contact me because I have further questions about ImPACT testing** before I make a decision regarding my student-athlete's participation in this program.
  - Please provide a contact phone number \_\_\_\_\_
- No, I prefer my child not take the ImPACT baseline testing. However, I understand that we must still fill out and submit the Randolph School District concussion awareness form.** These forms are required for compliance with the Wisconsin Concussion Law Act 172-Statute 118.293.
  
- In addition to the above options (yes or no), please check here if your child has previously completed the baseline testing. Where & When? \_\_\_\_\_

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**Signature of Athlete**

\_\_\_\_\_ YES\_/NO\_\_\_\_\_ Date Viewed suggested video below

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**Signature of Parent/ Guardian**

\_\_\_\_\_ YES\_/NO\_\_\_\_\_ Date Viewed suggested video below

**DO's the night before testing:**

- Eat a well-balanced meal and hydrate
- Get a normal night's sleep
- Take all normal medications
- Bring any glasses/contacts you may have
- If necessary, use the restroom before the test starts

**DONT's the night before testing:**

- Participate in vigorous activities (practice/game/weightlifting) before testing time on test day.
- Talk to your neighbor during testing
- Bring electronics (iPod, cellphone, etc) to testing

**HIGHLY SUGGESTED!**

**PLEASE VIEW (BOTH PARENT AND ATHLETE) CONCUSSION VIDEO ON: [www.wiaawi.org](http://www.wiaawi.org) (scroll to Concussion Info...play video – “Concussion 101”)**

**This WIAA site also has other concussion info to read. Many athletes tend to take the test much more seriously after seeing (not just reading) what Concussions & Second Impact Syndrome are all about... Of special interest for high school athletes is “Big Hits, Broken Dreams” that is found on YouTube.**