



Stewart Memorial Community Hospital  
Physical Therapy Department  
1301 West Main  
Lake City, Iowa 51449  
712-464-4244 • 800-262-2614



Dear Parent/Guardian,

South Central Calhoun School is again participating in a pre-season concussion testing program for our student-athletes, including cheer and dance. This program assists your medical provider in best evaluating and treating head injuries (e.g., concussions) if one occurs in the future. In order to best manage concussions sustained by our student-athletes, we use 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.

*Please note, if you are receiving this letter, your student has either not taken the test before or it has been 2 years since he/she has taken the test. Students are routinely tested in 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> grades to ensure baselines cover their SCC student-athlete careers.* Baseline test results are only valid for two years because of your child's academic and developmental growth. The pre-injury, baseline testing is being provided to each athlete at no cost by Stewart Memorial Community Hospital.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in a "video-game" type format and takes about 15-20 minutes to complete. It is simple and many athletes actually 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. However, it is not considered an IQ test.

If a concussion is suspected, the athlete will be encouraged to re-take the test at a medical provider's office that is trained in ImPACT testing. The preseason test data is given to your chosen medical provider for comparison. 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.

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 continue 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 South Central Calhoun administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience.

*Please complete and return the attached page with the appropriate signatures during registration at South Central Calhoun's Middle School or High School registration day.* Testing will be completed in the spring semester. If you have any further questions regarding this program please feel free to contact the school or the Stewart Memorial Rehab Services Department for Jill Birks (Rockwell City Office) or Rachel Judisch.

Sincerely,

Mark Schaefer,  
SCC Athletic Director

Jill Birks, PT, ATC  
(712) 297-5016

Rachel D. Judisch, DOR  
(712) 464-4244



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## 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** \_\_\_\_\_

**Grade** \_\_\_\_\_

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date