Dear NVSC Families –

The club has arranged for baseline concussion testing for all players. We are using the ImPACT (Immediate Post-Concussion and Cognitive Testing) system which is used by the NFL, NHL, and other professional sports organizations. Information about the program is available below. Any questions regarding this program should be directed to Scott Ackerman scott.ackerman7@gmail.com.

WHO SHOULD PARTICIPATE

The test is designed for players in sixth grade and up; however, players who are at least 10 years of age may elect to participate at the parent’s discretion.

HOW OFTEN SHOULD ATHLETES BE GIVEN A BASELINE

ImPACT suggests that athletes be tested every two years from 6th grade to senior year of high school. In college, athletes should only be tested once. At the professional level, each athlete should be tested once. ImPACT has normative data from age 10 to 59.

WHY THIS IS IMPORTANT

The best summary of WHY this is important comes from the ImPACT website:

“Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has recently been called the “cornerstone” of proper concussion management by an international panel of sports medicine experts.”

For more information, please visit: http://impacttest.com/about/background

WHAT YOU NEED TO DO TO TAKE A BASELINE TEST

The setup/information gathering process will approximately 5 minutes to complete and should be completed by the parent, with player input as required). The test (to be completed by the player) will take approximately 20 minutes to complete.

**Step 1:** Send an email to concussionsafety@novasc.org with the player’s name. You will be provided with the Security Code required to access the site. Once you receive the code, proceed to Step 2.

**Step 2:** Go to https://www.impacttestonline.com/impactteams and select “Launch Baseline Test” at the bottom of the page.

**Step 3:** Enter the Security Code and select “Launch Baseline Test”

**Step 4:** Parents should complete the Demographic Questions, including the “Current Symptoms and Conditions. Carefully follow the onscreen directions. Some tips for this section:
• When completing the demographic questions, the players name, height and weight should be used – not the parent
• When completing the “Years of Education,” it’s current grade minus 1
• Leave “Current position/event/class” blank
• Select “Junior High” as the “Current Level of Participation”
• Select “0” for “Years of Experience at this Level”
• When completing “Current Symptoms and Conditions,” a value of 1 represents “very mild” while a value of 6 represents “severe”

Step 5: **Baseline Test.** This portion of the test is to be completed by the player and is **timed.** Do not start until you are ready! The player should work as quickly and accurately as possible.

• Please encourage your player that it's **not** possible to memorize everything that will be presented and they WILL get lots of questions wrong. It is **OKAY** and it’s not a pass/fail test.
• When the test is complete, select “Print Confirmation” for your records
• Close the browser --- test is complete!

**WHAT TO DO IF A CONCUSSION IS SUSPECTED**

The ImPACT website provides a tremendous amount of information on this topic. You are encouraged to review this information at [http://impacttest.com/concussion/overview](http://impacttest.com/concussion/overview). Some of this information is summarized below for your convenience:

**Common Signs and Symptoms of a Concussion**

<table>
<thead>
<tr>
<th>Signs observed</th>
<th>Signs reported by athlete</th>
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</thead>
<tbody>
<tr>
<td>Appears to be dazed or stunned</td>
<td>Headache</td>
</tr>
<tr>
<td>Is confused about assignment</td>
<td>Nausea</td>
</tr>
<tr>
<td>Forgets plays</td>
<td>Balance problems or dizziness</td>
</tr>
<tr>
<td>Is unsure of game, score, or opponent</td>
<td>Double or fuzzy vision</td>
</tr>
<tr>
<td>Moves clumsily</td>
<td>Sensitivity to light or noise</td>
</tr>
<tr>
<td>Answers questions slowly</td>
<td>Feeling sluggish</td>
</tr>
<tr>
<td>Loses consciousness (even temporarily)</td>
<td>Feeling “foggy”</td>
</tr>
<tr>
<td>Shows behavior or personality change</td>
<td>Change in sleep pattern</td>
</tr>
<tr>
<td>Forgets events prior to hit (retrograde amnesia)</td>
<td>Concentration or memory problems</td>
</tr>
<tr>
<td>Forgets events after hit (anterograde amnesia)</td>
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</tbody>
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The Coaches and Trainers will not take ANY chances with regard to concussions. If a player is suspected of having a concussion based on any of the above signs or symptoms, they will be removed from the match.

**Steps to Diagnose and Treat**

• Removal from contest following signs and symptoms of concussion
• No return to play in current game
• Medical evaluation following injury and Post Injury Testing (see below)
• Rule out more serious intracranial pathology
• Steps to return to play:
  1. No activity - rest until asymptomatic
  2. Light aerobic exercise
  3. Sport-specific training
  4. Non-contact drills
  5. Full-contact drills
  6. Game play

Medical Evaluation

Within 24-72 hours of injury, players should take a post injury test administered by a Credentialed ImPACT Consultant (CIR). We are fortunate in that Bull Run Family Practice in Manassas, VA has two CIRs and we have made arrangements for them to administrator our program. In the event of injury, an appointment should be made with either Dr. Ross or Dr. Parker by calling 703-368-3161. Be sure to reference the need to have a post injury ImPACT test. They will assess and make any referrals that may be needed. As a footnote, Bull Run is in the process of building out a comprehensive sports medicine center.

It is important to note that ImPACT provides medical professionals an additional tool to help them evaluate patients but ImPACT is not a replacement for a medical evaluation. If ImPACT results are abnormal, the player should continue to refrain from practice and competition. The second post injury test should be administered one to two weeks after the initial post injury test. Testing more than once/week is strongly discouraged. Once scores have returned to baseline level and symptoms have resolved an exertion test should be performed.

Insurance

Bull Run Family Practice accepts health care plans listed below. If yours is not listed, Bull Run will work with you to accommodate.

Anthem Blue Cross/Blue Shield
Aetna
United HealthCare
Cigna
Care First
Anthem Healthkeepers HMO
PHCS Private Health Care Systems
Tricare (except Tricare Prime)
Onenet PPO
First Health
MDIPA HMO
NCPPO
One Health/Great West
DEMO

If you want to see how the test works, please visit: www.impacttestonline.com/impacttestdemo

PRIVACY

https://www.impacttestonline.com/customercenter/pdfs/ImPACT_Applications_Privacy_Policy.pdf