

Dear Parent/Guardian,

Hingham High School is currently using an innovative program for our student-athletes. This program assists our team physicians/athletic trainers 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 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.

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

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to a local doctor, neuropsychologist or a neuropsychologist at the University of Pittsburgh Medical Center (UPMC) to help evaluate the injury. (The UPMC Sports Concussion Program is the founding group of the ImPACT software.) 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.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by both this school and UPMC. In order to ensure and guarantee your child’s anonymity, we have set-up an anonymous data submission system. This data may anonymously be submitted to UPMC for their research purposes.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to use 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 Hingham High School administration, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience.

Fall athletes in boys soccer, girls soccer and football and winter athletes in hockey will participate in this program. All soccer and football candidates who have not participated in the past, please bring the attached page with the appropriate signatures on the appropriate athletic sign up dates (see Sign Up Pamphlet for more details). If you have any further questions regarding this program please feel free to contact me at 781-741-1560 ext.5.

Sincerely,

Margaret Conaty  
Athletic Director  
Hingham High School