



Dear Parent/Guardian,

For the past several years, Saint Peter District 508 has been fortunate enough to be able to offer an innovative program for our student-athletes. This program assists our athletic trainer 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.

Saint Peter High School Activities Office conducts baseline testing in grades 7, 9 and 11 and for any new athlete in grades 8, 10 and 12. 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 our Athletic Trainer. 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.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. This program provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Saint Peter School District administrative, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. **By checking the box on the MSHSL form, you are consenting to the baseline IMPACT test.** If you have any further questions regarding this program please feel free to contact me at 507-934-4212, Ext 6025.

If you would like a copy of this letter please look on the St. Peter High School website, [www.stpeterschools.org](http://www.stpeterschools.org).

Sincerely,

Jordan Paula  
Activities Director