

## **Impact Concussion Baseline Testing for All Athletes**

As you know, all students interested in participating in athletics must complete a physical prior to trying out. We are now also requiring each athlete to obtain a baseline score on the Impact Test for Concussion Management. This test is a computerized one that scores reaction time, memory, recall, and processing speeds. Once a baseline test is taken, it is good for two years. It does not need to be retaken every season. The test will only need to be re-administered if the athlete suffers a head injury during the two year period. The results of this test will be one piece of the puzzle that will be used to clear an athlete for activity. This does not replace the care of a physician but does assist in the return to play decision. No one wants to see an athlete return to activity before he/she is ready.

The test will be administered at CMS (by the Athletic Coordinator and Coaches) prior to the start of each season's tryouts. The test takes approximately 45 minutes to complete. Once the test has been completed, the results will be sent to a special website that the Athletic Coordinator will be able to reference. A list of athletes that have successfully completed the test will be compared to the physical clearance list, and then athletes will be cleared for activity.

The most important part of the test is that the athletes follow directions and pay attention while they are taking the test. If an athlete does not pay attention or tries to get a low score on purpose, then the test will come up invalid and he/she will have to take it again. There is no pass or fail, but the results are compared to national norms for specific age groups. Therefore, each athlete is encouraged to try and do his/her best.

If you have any questions, please contact: Mr. Kevin Schmid  
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