

Parents/Guardians,

I hope that this correspondence finds you and your families well. I wanted to take a second to explain what the ImPACT test is and how this year will be different than previous years and years to come.

If you are not familiar with what the ImPACT test is; it is an objective tool to help us make informed decisions on return to activity following a concussion. This tool has two parts, a baseline evaluation, as well as a post injury test. In the event your son suffers from a concussion, we can compare his baseline test to a post injury test to help get him on the field as quickly and safely as possible.

With regard to COVID-19 and the interest of the student's health and well-being, we have decided to administer ImPACT concussion tests remotely this year. While it is ideal to administer this test in-person, with a proctor, this year is obviously a little different. We feel that if the student takes the test seriously and abides by the guidelines below, we can still receive a quality test. This test is valid for two years, unless it is deemed necessary to take another baseline before the two-year mark. You cannot fail this test, but poor performance will require an in-person retest. After the test, I will receive verification and only reach back out if a retake is required. Due to the importance of this test, and having an accurate baseline, your son will not be permitted to practice with the team until this test is completed.

#### Testing Environment

1. The athlete must take the test himself, a parent cannot take the test for them.
2. This test cannot be completed on a phone, and must be done on either a laptop or desktop computer.
3. There are no "breaks" during this test as the test will "time-out" and will need to be re-taken.
4. Set aside 30 minutes in a quiet room with no distractions.
5. Ensure that if you are using a laptop, it is fully charged, or plugged into power.
6. No headphones or cell phone use during the test, turn off any televisions, radio or anything else that can produce background noise.
  - a. Make sure your son's cell phone is turned off, having it on vibrate will still cause a distraction.
7. Tell siblings and family members about the importance of the test to avoid interruptions or distractions.
8. Take your time and read each section's instructions very carefully. Each module is self-explanatory. It is common to perform the color word match module incorrectly, please read that section's instructions carefully.
9. It is recommended to use a standard external computer mouse.
10. If your son suffers a concussion, any and all post injury follow-up tests must be taken at school.

An invitation for an ImPACT test will be emailed to the email you provided when you signed your son up on family ID. If you have two sons playing at Bergen, you will receive two separate invitations, one for each student. If you do not receive an invitation from ImPACT testing within 24 hours of receipt of this instruction, please email me and I will send you another. be sure to check your spam or junk folder to make sure it didn't go there. We kindly ask that this test is completed before the first practice of the season.

If you have any questions please don't hesitate to email me at [mvankoppen@holyname.org](mailto:mvankoppen@holyname.org) or [dbarbarulo@holyname.org](mailto:dbarbarulo@holyname.org)

Thank you for your time

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