



Quincy Public Schools Athletics

Dear Parent/Guardian:

North Quincy and Quincy High Schools are currently implementing an innovative program for our students-athletes. This program will assist our team athletic and nursing staff in collaboration with your health care providers 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. This is what is called the "baseline" portion of the test. It tracks information such as memory, reaction time, speed, and concentration. It however, is not an IQ test.

If a concussion is suspected, it is recommended that the athlete re-take the test under the care of a medical professional. This is called the "post test". 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. Follow up with the school nurse is required to ensure an appropriate re-entry plan is made for your student's return-to-play and to the educational setting.

We are excited to implement 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 Quincy Public School administration, coaching, nursing and athletic department staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program, please feel free to contact your school's health office.

Sincerely,

Maura Papile
Director of Student Support
Services

Michael Joyce
North Quincy High School
Athletic Director

Rita Bailey, M.Ed., RN
Coordinator of Health Services