



Dr. Traci Pierce – Superintendent

**L.E. Scarr Resource Center**

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August 19, 2015

Dear Student-Athletes and Families,

The Lake Washington School District, in partnership with Seattle Children’s Hospital, is beginning to implement an innovative concussion management program for our high school student-athletes. This program will assist our Certified Athletic Trainers and treating physicians in evaluating and treating head injuries (e.g., concussions).

The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). It involves an online, computerized exam that each student-athlete takes before the athletic season. If the athlete is believed to have suffered a concussion, the exam is taken again and the data is compared to the baseline test. This information is then used as a tool to assist the Certified Athletic Trainers and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return to play decisions.

All concussion evaluations will be done under the direct supervision of our Certified Athletic Trainers in a controlled environment at the school. If an injury of this nature occurs, we will, of course, be in contact with families.

Founded by the University of Pittsburgh Medical Center’s Sports Concussion Program, the ImPACT program is used by countless colleges and high schools across the country. It is also used in professional sports such as NFL and NHL, and with Olympic sports such as the US Soccer and Ski Teams. It has become the “Gold Standard” in recognizing and managing head injuries. Additional information can be found at [www.impacttest.com](http://www.impacttest.com).

The exam takes 25-30 minutes and is non-invasive. The program is set up in a videogame-type format. Essentially, the ImPACT test is a preseason physical of the brain. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. It is a simple exam. Most who take it enjoy the challenge.

We wish to stress that the ImPACT testing procedures are non-invasive. They pose no risks to your student-athlete.

We are excited to implement this program into our existing concussion protocol. It provides the best available information for managing concussions and preventing potential brain injury that can occur with multiple incorrectly treated concussions.

The administration and coaching staff of the Lake Washington School District as well as Seattle Children’s Hospital strive to keep your child’s health and safety at the forefront of the student-athlete experience. If you have any further questions feel free to call (206) 936-1254 or contact your school’s Certified Athletic Trainer directly.

Sincerely,

A handwritten signature in black ink, appearing to read "Matt Gillingham", with a stylized flourish at the end.

Matt Gillingham  
Director of Student Services  
Lake Washington School District