

Dear Parent/Guardian,

Your team or sports organization is currently implementing an innovative program for evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, your team or sports organization has partnered with your local healthcare organization and the Wisconsin Sports Concussion Collaborative (WSCC) to acquire a software tool called ImPACT™ (Immediate Post Concussion Assessment and Cognitive Testing). Headquartered in Pittsburgh, PA, ImPACT™ is a leader in computerized neurocognitive assessment tools and services. ImPACT™ has created an international network of clients who utilize the company’s proprietary concussion management program. Neurocognitive tests such as ImPACT™ are fast becoming the “gold standard” in recognizing and managing head injuries. Additional information about ImPACT™ can be found at www.impacttest.com. Additional information about WSCC can be found at WIsportsconcussion.org.

Your team or sports organization is asking student athletes to take the computerized exam before beginning contact sport practice or competition. This test is set up in “video-game” type format and takes about 20-25 minutes to complete. The ImPACT™ test is a pre-season physical of the brain. It tracks information such as memory, reaction time, speed, and concentration, but it is not an IQ test. The ImPACT™ test is non-invasive and poses no risks to your child.

If your child suffers a head injury and a concussion is suspected, your child will be referred to a physician or clinician for evaluation. The physician or clinician will be affiliated with a health care organization that is a member of the WSCC. When possible, you will have the opportunity to choose the health care organization from a list of current WSCC members. The physician or clinician may recommend that your child take the post-injury ImPACT™ test. The health care organization will maintain your child’s pre-season and post-injury test data, if any, on a secure server maintained by ImPACT™. Your child’s test data will only be available to that health care organization, except as described below. If your child suffers a head injury, you will be contacted with additional details about how to proceed.

Your child’s test data may be made available to persons other than the physician or clinician evaluating your child, as follows:

- The physician or clinician evaluating your child may choose to make your child’s test data available to other health care providers who are being consulted regarding the treatment of your child.
- Your child’s test data may also be utilized by WSCC to treat other athletes with similar head injuries or in studies conducted by WSCC on head injuries. However, the identity of your child will not be disclosed to WSCC if the test results are used for these purposes.
- Your child’s test data may also be made available to individuals authorized by WSCC in order to maintain and administer the WSCC program.

Your child’s health and safety are at the forefront of the student athletic experience, and we are excited to implement this program.

If you have any further questions regarding this program please feel free to contact the provider testing your child.

Sincerely,
Wisconsin Sports Concussion Collaborative

PERMISSION SLIP

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT™)

I have read and understood the above information and give permission for my son/daughter to take the ImPACT™ Baseline Concussion Test.

Printed Name of Athlete _____

Signature of Athlete _____

Date _____

Signature of Parent _____

Date _____

Kenosha Unified School District

What is a Concussion and How Does It Occur?

A concussion is a brain injury which interferes with normal brain function. This affects the way an individual thinks, acts, behaves, and the physical skills needed to function on a daily basis. Each concussion is unique to each person, but there are some common signs and symptoms to be aware of to determine if an individual has a concussion.

A concussion can be caused by a bump, blot, jolt or fall to the head or body. When the head or body is bumped, hit, etc. the force of that movement causes the brain to hit the sides of the skull or move and/or twist while inside the skull. These movements change the way the physiology of the brain normally works. Even a mild blow to the head of body can cause the brain to shift or move in the skull, thus injuring the brain.

What are the Signs and Symptoms of a Concussion?

Once a concussion is sustained, more signs and symptoms can develop in the next 24 hours, even in the next week. The severity and side effects of this brain injury will vary depending on the individual. Concussion symptoms may appear mild, but can lead to lifelong problems mentally, physically and psychologically if not managed correctly. A person can have signs and symptoms of a concussion without the loss of consciousness. Symptoms of a concussion can last for less than 1 day or up to 3 weeks or more.

Most of the time, images taken with a CT, MRI or CAT scan appear normal and do not show the physiologic changes that occur to the brain with a concussion. Image studies are done to rule out other head injuries, such as skull fractures.

Signs and Symptoms of a Concussion

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty Thinking Clearly	Head ache	Irritability	Sleeping more than usual
Feeling Slowed Down or Foggy	Fuzzy or Blurred Vision	Sadness or More Emotional	Sleeping Less than usual
Difficulty Concentrating or Focusing	Nausea or Vomiting	Nervousness	Trouble Falling Sleep
Amnesia	Dizziness	Anxiety	Can't Stay Asleep
Difficulty Remembering New or Old Information	Sensitivity to Light or Noise	Slow to Respond or Easily Confused	
	Feeling Tired, Having No Energy	Dazed or Stunned in appearance	
	Decreased Balance and/or Coordination		

What to do if Someone has a Concussion

If the concussion occurs during an athletic activity, then the individual should be immediately pulled out of play.

Staying in the activity with a concussion will make it worse. The rule of thumb if a concussion is suspected is “When in doubt, sit them out”. Staying in an activity with a concussion will prolong symptoms and recovery time and set the individual up for a more serious brain injury such as death, second impact syndrome or post-concussive syndrome.

If it is suspected that an individual has a concussion, he/she should be removed from any and all activity and evaluated by a medical professional trained in concussion management. Early evaluation and detection of a concussion can speed the recovery process by ensuring proper management of a concussion. *WI State Law and Kenosha Unified School District require an immediate removal from activity and medical evaluation of an individual suspected of having a head injury.*

Return to Play from Concussions

WI State Law and Kenosha Unified School District require medical clearance by a physician, physician's assistant or nurse practitioner trained in concussion management before an individual can return to play. Kenosha Unified School District also requires an individual complete a Gradual Return to Play Progression (as outlined below) before the individual may return to play. This is a standard of care for concussions and other head injuries in the medical field.

Once an individual is sign and symptoms-free for at least 24 hours and a medical professional trained in concussion management has evaluated and cleared the person, a stepwise return to play progression can be started. Similar to recovering from a bad ankle sprain, gradually introducing activity which increases heart rate to the brain ensure that the brain is able to tolerate the increased activity. If at any point in time during the stepwise progression the person has a return of symptoms, the person should stop the activity and contact the medical professional. It has been shown that by completing a stepwise, gradual return to play progression the likelihood of sustaining another concussion decreases. By performing a gradual return to play progression, the person is preventing further injury to his/her brain.

Following written release by a physician and sign and symptom free for at least 24 hours, students will be **required to complete the "Return to Play Progression" under the supervision of a medical professional prior** to return to normal unrestricted activities.

Returning to play before an individual is sign and symptom free can result in Post-Concussive Syndrome, 2nd Impact Syndrome, or possibly Death. Returning too soon from a concussion can also leave an individual more susceptible to further concussions. Please make sure the return to play progression is performed under the direction of a medical provider trained in concussion management.

Wisconsin's Sidelined for Safety Act 172

Under this act, at the beginning of the season individuals and parents/guardians of individuals participating in a youth activity or organized athletic activity need to be provided with concussion and head injury information if they wish to participate in that youth athletic activity. "No person may participate in a youth athletic activity unless the person returns the information sheet signed by the person and, if he or she is under the age of 19, by his or her parent or guardian."

Also covered in this act; "An athletic coach, or official involved in a youth athletic activity, or health care provider shall remove a person from the youth athletic activity if the coach, official, or health care provider determines that the person exhibits signs, symptoms, or behavior consistent with a concussion or head injury or the coach, official, or health care provider suspects the person has sustained a concussion or head injury." If an individual is removed from the activity, he/she "may not participate in a youth athletic activity until he or she is evaluated by a health care provider and receives a written clearance to participate in the activity from the health care provider."

For the entire Act 172, please visit the Wisconsin Legislature site at <https://docs.legis.wisconsin.gov/2011/related/acts/172>

Information from this handout was taken from the following sites:

- Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion/sports/index.html>)
- WI Sports Concussion Collaborative (<http://www.wisportsconcussion.org/>)
- WI Interscholastic Athletic Association (<http://wiaawi.org/index.php?id=430>)
- National Federation of State High School Associations (<http://www.nfhslearn.com/>)
- Milwaukee Journal Sentinel – Dr. Walters Interview (<http://www.jsonline.com/multimedia/video/?bctid=1465030068001>)