Whitehall District Schools
Home of the Vikings

ImPACT©
The Best Approach To Concussion Management

Dear Parent/Guardian,

Whitehall District Schools utilize an innovative concussion management program for our student-athletes. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online computerized exam that each athlete takes each year prior to the athletic participation.

If the athlete is believed to have suffered a concussion during competition, 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 athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return to play decisions.
If an injury of this nature occurs, you will be contacted and a post-concussion test will be administered at Whitehall High School.

The exam is taken once each year prior to the athlete's first sport of participation. The exam takes about 25-30 minutes and is non-invasive. The program is basically set-up as a "video-game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. It is a simple exam and most who take it enjoy the challenge of the test. More information can be found at www.impacttest.com.

One of the reasons concussions are so dangerous is a condition called Second Impact Syndrome. If an athlete sustains a second concussion before completely recovering from the first, the results can be deadly. At WDS we understand the competitive nature of sports, but we always hold the athlete's health and safety as our top priority.
School year 2018/19 testing will be in Lab 112 at Whitehall HS unless directed to another lab when arrive. Athletes can come in on the days and times designated below, no appointment needed.

May 29, 30, 31	**2:30-4p**
June 4,5,7	**2:30-4p**
July 30, 31	**9a-3p**
August 6,7, 9	**12-2p**
August 13,14,15	**12-2p**
August 20,21,22	**12-2p, 4:30-6p**

If you have any questions regarding this program, please feel free to contact me.
Sincerely,

Michaelanne Hendrixon MEd, AT, ATC
Mercy Health Sports Medicine
michaelannehendrixon@whitehallschools.net
231 893 1020