

ImPACT PROGRAM

Argyle Central School recently implemented an innovative program for our student-athletes. This program will assist our team physician/health office/athletic director in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have incorporated a program 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 sport practice or competition. This non-invasive test is set up in "video-game" type format and takes about 30-45 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. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post injury test data is given to the school physician to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professions 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.

We wish to stress that the ImPACT testing procedures are non-invasive, and the posed no risks to your student-athlete. 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 Argyle Central School administration, coaching, and athletic director are striving to keep your child's health and safety at the forefront of the student athletic experience. If you have any further questions regarding this program please feel free to contact Lori Keith, RN at keith_l@argylecsd.org or Matthew Jensen, Athletic Director at jensen_m@argylecsd.org.