



Montclair High School
and
Matthew J. Morahan III
Health Assessment Center for Athletes
Playing it Safe Concussion Testing
Consent and Recognition of Concussion Management Policy

Dear Parent/Guardian/Student Athlete 18 years or older,

Montclair High School and Barnabas Health are teaming up to offer an opportunity for student athletes to participate in baseline testing and post-injury testing to help track recovery in sports-related concussions. Baseline test results allow for comparison with post-injury test results if the athlete has an injury and retakes the same tests. The baseline test results are generally not used for any purpose if there are no subsequent injuries. Participation in the Concussion Testing Program does not substitute for a post-injury evaluation by a physician trained in evaluating brain injuries but may provide useful information to assist in such evaluation. All testing is non-invasive. Below are descriptions of the testing that will be offered.

ImPACT Testing (30-35 minutes)

The cognitive testing program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is an interactively administered computerized exam. This software program was developed by The University of Pittsburgh Medical Center's (UPMC) Sports Concussion program. It challenges the brain and tracks information such as memory, reaction time, processing speed, and concentration. We recommend a baseline, pre-injury ImPACT test every two years, since a recent baseline provides information specific to each individual in the event of an injury. If the athlete later suffers a brain injury, s/he can then retake this test, and the changes since the baseline test was taken may help determine the extent and when the injury has healed. If the student does not take a baseline ImPACT test within 2 years before the injury, s/he may still take the ImPACT test after the injury, and the post-injury results will be compared to normative data.

King-Devick (K-D) Testing (3-5 minutes)

The King- Devick Test is a non-invasive concussion screening test that times rapid eye movement since fifty percent of the brain's pathways are tied to vision. By having participants read numbers aloud from a series of cards, the test looks at attention, concentration, speech/language and other brain functions. Upon test completion, a total time is recorded as a raw score. We recommend that K-D testing be taken every year, before any injury, as a baseline test. Any increased time to complete the test since the baseline or increased number of errors between a baseline test result and post-concussion testing warrants further evaluation. A baseline K-D test must be completed to be eligible for a post-injury K-D test.

Post-Concussion Testing

If your child is believed to have suffered a concussion, he/she may be asked to take the ImPACT and K-D test at that time and the data will be compared to the baseline data if available. We recommend that both tests be taken in the event of an injury although one need not take all tests to take one of the tests.

The baseline test results and any subsequent results are stored with Montclair High School and Barnabas Health. It is important to understand that positive results of any post injury test will require follow-up and intervention by a physician trained in the evaluation and management of concussions for clearance to return to play.

Please sign the attached form, and return it to us for your child to complete testing at Montclair High School.

Concussion Testing Consent

I have read the attached information describing the **Playing it Safe** Concussion Testing Program at Montclair High School. I have been given an opportunity to ask questions and my questions have been answered to my satisfaction and I understand that Montclair High School requires that both ImPACT testing and King-Devick Testing must be completed in the pre-season before my child will be permitted to play a sport.

Check one:

For students 18 and over:

I agree to participate in the Concussion Testing Program including the ImPACT and King-Devick.

For students under 18:

I agree to my child's participation in the Concussion Testing Program including the ImPACT and King-Devick.

In the event that I am notified of positive results on a post-injury test, ***I understand that I must follow up with a neurologist or other health care provider trained in the evaluation and management of concussions.***

I further understand that under New Jersey law, any student-athlete who is removed from competition or practice as a result of a suspected head injury or concussion may not participate in further sports activity until s/he is evaluated by a physician or other licensed healthcare provider trained in the evaluation and management of concussions, and receives written clearance from such physician.

Printed Name of Student: _____

Age: _____

Parent/Guardian/Self 18 years or older (printed): _____

Relationship to student: _____

Parent/Guardian Signature _____

Date _____

Signature of Adult 18 years or older _____

Parent contact number _____