

# Concussions, Not Just a Football Problem

Dear Parent/Guardian

With the increased medical knowledge about concussion and the prevalence of concussion laws (14 states with a law including South Dakota and 31 states actively considering new or revised concussion laws), Sioux Falls Christian is being proactive on the management of concussions. One step we have taken is the development of a concussion management plan which gives directions on how to handle an athlete with a suspected concussion. Since 2009, SF Christian has utilized a specialized software tool call ImPACT to provide pre-injury (baseline) and post-injury assessment of a student-athlete's cognitive function. While this is one of several tools we use to evaluate athletes, it is a key component in the return to activity decision, and thus, it is required that the athlete pass the ImPACT post injury test before they begin their return to activity protocol. If the athlete has a baseline test it is much easier to determine when your child can return to activity and it is also much safer.

The computer exam is given to athletes before the beginning of their season. This non-invasive test is set up in "video-game" type format and takes about 30 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 is not an IQ test.

Who should take the test?

1. All athletes who will be in 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grades for the 2011-2012 school year.
  - a. Athletes brains are still evolving in that time frame so the results are more accurate when they are repeated on a yearly basis.
2. Athletes older than 9<sup>th</sup> grade if they have never taken the test before.
3. All athletes who sustained a concussion during the past year.

There has been a huge amount of attention on concussions in football; however, concussions regularly happen in other sports. The sports with the highest prevalence of concussions are Football, Girls Soccer, Boys Soccer, Girls Basketball, and Boys basketball.

Dates for Fall Sport Testing

## High School Test Times:

## 7<sup>th</sup> and 8<sup>th</sup> Grade

July 26<sup>th</sup> - 3 pm, 4 pm, 5 pm

July 26<sup>th</sup> - 6 pm, 7 pm

August 12 - 10 am, 11 am, 12 pm

August 18<sup>th</sup> - 10 am, 11 am

August 19<sup>th</sup> - 10 am, 11 am

Parents who wish to sign their child up for testing may contact me via phone (759-8470), email ([Roxane.Fouberg@sanfordhealth.org](mailto:Roxane.Fouberg@sanfordhealth.org)), or at Registration on July 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup>. Registering for a time is necessary, as space will be limited. I will add additional times **if** we fill all these dates. I strongly encourage you to have your child tested - there is no cost involved.