



Dear Parent/Guardian,

The Hartford School District has implemented an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool 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 20 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.

If a concussion is suspected, the athlete will be required to re-take the test (see the HHS Return To Play Protocol). Both the preseason and post-injury test data is given to a certified local doctor to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose 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 Hartford High School administration, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student-athletic experience.

Additionally, Vermont law states that all schools that sponsor sports programs must meet several requirements: 1) each paid coach must receive training on how to recognize the symptoms of a concussion or other head injury; 2) each coach must comply with the requirement that *“a coach shall not permit a youth athlete to train or compete with a school athletic team if the athlete has been removed or prohibited from participating in a training session or competition associated with the school athletic team due to symptoms of a concussion or other head injury until the athlete has been examined by and received written permission to participate in athletic activities from a health care provider pursuant to Title 26 and trained in the evaluation and management of concussions and head injuries.”* Authorized health care providers as interpreted by the Vt Dept of Education are Physicians, Nurse Practitioners, Physician Assistants, D.O.s (Doctor of Osteopathic Medicine), and Certified Athletic Trainers; and 3) schools must provide each athlete, and a parent or guardian of the athlete, materials designed to educate athletes and their parents about the nature and risks of head injuries. The school must require that they annually sign a form acknowledging receipt of this information.

If you have any questions regarding the school’s recently implemented concussion/head injury measures, please feel free to contact the Athletic Office (295-8610 ext. *2909).

Sincerely,

Jeff Moreno, CAA
Athletic Director
Hartford High School