



ImPACT TESTING

USD 305 is continuing an innovative program for its student-athletes. This program will assist team physicians and athletic trainers in evaluating and treating head injuries such as concussion. Salina Regional Health Center has acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). It is used in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions.

What is ImPACT?

The computerized exam is given to athletes beginning contact sport practice or competition. The test is non-invasive. It is set up in “video-game” format and takes about 15-20 minutes to complete. Essentially, the ImPACT test is a preseason physical of the brain. It is not an IQ test. **Participation in this program is voluntary and the test is free.**

The ImPACT testing poses no risks to your student-athlete, but it provides valuable information. It may help prevent potential brain damage that can occur with multiple concussions. The USD 305 administration, coaching, and athletic trainings staffs wish to keep your child’s health and safety at the forefront of the student athletic experience. **The Tests are suggested to be renewed every two years.**

When is Testing?

Testing is completed at school either during school hours or before practice. USD 305 schedules testing 3 times a year (Fall, Winter & Spring). A notice will be sent home, coaches and the school will promote this within a couple of weeks of testing. If you want your student-athlete to receive another baseline test, a parent/guardian must complete another consent form. This is parental choice.

Post-Assessment?

If a concussion is suspected, your student athlete will need to bring back a note from a doctor to release them back to activity. If your student received the baseline testing and you want them to receive the post-assessment test, you will need to see one of the doctors who have been trained in ImPACT and approved by the Salina Regional Health Center. **To get a list of approved doctors, contact your school’s athletic office or click on the link below:**

[INSERT “ IMPACT TEST – Doctors” pdf. form here](#)

Questions?

Contact South Middle School’s Athletic Director at 785-342-3903