



Dear Parent/Guardian,

The National Development System (NDS) is pleased to announce the addition of an innovative concussion management program for our NDS athletes. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves a computerized exam that each athlete takes prior to the athletic season. We will be conducting baseline testing at all future NDS projects. ImPACT will help us identify, manage, and track concussion injuries. This strategy will not only assist athletes, but also parents and home programs in carefully evaluating and managing concussion injuries.

Recognizing the importance of concussion or injury to the brain and appropriate management, particularly of the milder version of head injury, the FIS has adopted the recently updated International Concussion in Sport recommendations for management of concussion: <http://www.fis-ski.com/uk/rulesandpublications/medicalantidoping/medicalpublications.html> . In keeping with international standards for concussion management, NDS has decided to implement the ImPACT test with athletes attending NDS projects. This is the same test used at the elite levels across all sports within USSA by the USSA Medical Department. The link for more information about ImPACT can be found at: <http://www.impacttest.com/> .

The exam takes about 25-30 minutes and is non-invasive. The test begins by asking the athlete some background questions relating to past medical history, previous concussions, sleep disorders or deprivation or disorders, current medications taken and other factors effecting neurological processing. The program is basically set-up as a "video game" type format. It tracks neurocognitive information such as memory, reaction time, brain processing speed, and concentration. It is a simple exam consisting of six modules that include word memory, design memory, Xs and Os, symbol match, color word match and three letters. The information collected will be kept confidential consistent with federal laws governing retention of medical data.

If the athlete is believed to have suffered a concussion during training or competition, the exam is administered again and the data compared to the baseline test. This information is then used as a tool to assist you, the athlete, the athletic training staff and treating physicians in evaluating the injury, determining how best to monitor recovery, and to design a plan for return to training and competition. Post-concussion testing will be performed under our supervision or with a credentialed ImPACT consultant, which will require an additional \$75.00 fee for medical evaluation. Treatment decisions and return to snow decisions will of course be made by you, the athlete, and the treating physician.

To permit your child to participate, please sign and return the enclosed parental consent form and return it with a \$25.00 processing fee to Kate Avrin at (USSA) as soon as possible. Athletes who already have a baseline ImPACT study, need not retest providing that USSA can access the results for comparison.

Sincerely,
Walt Evans, National Competition Director
United States Ski and Snowboard Association

United States Ski and Snowboard Association



The National Governing Body for
Olympic Skiing and Snowboarding

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Parental Consent

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read and understood the above information and give permission for my son/daughter to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete: _____ Sport: _____

Signature of Athlete: _____ Date: _____

Signature of Parent: _____ Date: _____

\$25.00 Initial Exam Fee

Visa MC Amex Check number _____

Number _____ Exp Date _____

Card Holders Name _____

Billing Address for Credit Card _____

Card Holders Signature _____

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