



Dear Parent/Guardian/Athlete,

The Pacific Northwest Ski Association through a grant from the Pacific Northwest Ski Education Foundation is currently implementing an innovative program for our athletes. This voluntary program will assist our coaches and your physician(s) in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our 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, as well as by the U.S. Ski Team, 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 to help gauge how the healing process is progressing.

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 15-20 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. It, however, is not an IQ test.

If a concussion is suspected, the athlete should re-take the test. The preseason and post-injury test data can then be given to the athlete’s doctor, your team’s doctor, neuropsychologist or a neuropsychologist at the University of Pittsburgh Medical Center (UPMC) to help evaluate the injury (the UPMC Sports Concussion Program is the founding group of the ImPACT software). The information gathered should also be shared with your family doctor even if they do not treat the athlete for a particular incident. The test data will enable these health professionals to determine when return-to-sport is appropriate for the injured athlete. The information gathered from the ImPACT program may also be utilized in studies currently being conducted by the UPMC. In order to ensure and guarantee you and/or your child’s privacy, we have set up an anonymous data submission system. This data is anonymously submitted to UPMC for their research purposes.

We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to an 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 USSA, PNSA and individual teams and coaches are striving to keep your child’s health and safety at the forefront of their athletic experience. Please return the attached page with the appropriate signature(s). If you have any further questions regarding this program, please feel free to discuss them with your coaches or the program coordinators at PNSA.

Sincerely,

Claudia Yamamoto  
Executive Director

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PNSA  
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## Consent Form

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

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

**Printed Name of Athlete** \_\_\_\_\_

**Team** \_\_\_\_\_

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian  
(required if athlete is 17 years or younger)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Parent or Guardian

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