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Dear Parent/Guardian,

Mattituck-Cutchoque Union Free School District is currently implementing an innovative program for our student-athletes. This program will assist our school physician/athletic trainer 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 contact 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 will be required to re-take the test. Both the pre-season and post-injury test data is given to the school district physician and the athletic trainer 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. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

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 Mattituck administration, coaching, and athletic training staff are striving to keep your child’s health and safety at the forefront of the student athletic experience. If you choose to have your child(ren) opt out of this exam, please indicate your child’s name, sign at the bottom of this form and return it to the Athletic Office. If you have any further questions regarding this program, please feel free to contact me at 631-298-8471 x1111.

Sincerely,

Greggory Wormuth

Department of Athletics  
Gregg Wormuth  
Director of Health, Physical Education and Athletics  
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