To all 7th, 9th and 11th grade athletes and parents/guardians:

Cocalico School District’s Sports Medicine team in collaboration with WellSpan Health is revamping our concussion baseline testing to utilize ImPACT concussion testing. This test can assist in the return to play after a traumatic brain injury (TBI)(concussion) occurs and has been used throughout multiple organizations across the country.

Baselines will be taken for students every two years to help account for the growing and ever-changing adolescent brain. To start this testing cycle, we are going to initiate testing with the 7th, 9th and 11th grade athletes in all sports for the 2020/2021 school year. Due to COVID-19 these tests will need to be done online at home or wherever the athlete has internet access. This is not a graded test but the athlete should do their best to follow the instructions and prompts given and take the test seriously. The baseline test takes approximately 20 minutes to take and consists of multiple reactional and memory portions. If the test is not taken seriously or there is an issue with the results, I will be in contact with the athlete to retake the test at specified time. The test must be taken before the first day of practice!

These baselines will be used in addition to the SCAT 5, VOMS, and symptoms checklists, concussion tools that we had in place previously. The five-step return to play model will also still be enforced for any and all concussions sustained to an athlete during their athletic season(s) at Cocalico.

To log on to the test go to [www.impacttestonline.com/testing](http://www.impacttestonline.com/testing). Once there put in the customer code **f9b5d5e8d1**. Choose Cocalico School District from the organization dropdown and launch baseline test. It will initially ask some demographic questions then will give the instructions for the first section of the test. Once the athlete is finished with the test a screen will come up to either print or e-mail the results. You do not need to do that, I will login and see all the results. At this point you can just exit out of any windows you have open relating to ImPACT and you are done!

If there are any further questions, comments or concerns please feel free to contact me.

Thank you,

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