



Dear Parents/Guardians,

How many times have you heard or used the expression “you got your bell rung” when someone took a hit on the field? Realistically, it does not happen very often in girls lacrosse. But when it does, it may appear that all-is-well; yet the reality may be far different...and potentially tragic.

In an effort to help identify and manage concussions among our young athletes, DS Girls Lacrosse, in conjunction with DS Boys Lacrosse and DS Youth Soccer, will be offering the ImPACT Concussion Management service for our 5<sup>th</sup>-8<sup>th</sup> grade players this spring. All students at DS High School participate in this service.

This service will be **free** to all our players and involves taking a short, web-based set of memory and reaction tests that establish a neuro-cognitive baseline for your daughter. We plan on offering these tests at the Chickering computer lab during some of our upcoming practices. While these tests are optional, we **strongly recommend** that all girls in grades 5-8 be baseline tested.

In addition to the testing, DS Girls Lacrosse will be offering some very basic training to our coaches to help them identify signs and symptoms that may be of concern. The coaches will also be briefed on a recommended action plan in the event your daughter sustains any sort of injury that may resemble a concussion.

If an incident occurs, the coaches will, using their judgment:

- Remove your daughter from the current game and keep her out if there is any concern of a possible concussion
- Speak with you at the game if you are available. If you are not available, the coach will follow-up via phone.
- Give you a handout (or web link) describing the signs/symptoms
- Offer to get you a copy of the baseline ImPACT test in the event that you choose to seek a medical consult

**It will be your responsibility to determine if and when your daughter should return to practice and games. DS Girls Lacrosse and their coaches will not be responsible for assessing a player’s ability to return to competition.**

Additional information can be found on the attached FAQ.

Respectfully, DS Girls Lacrosse



## **Concussion Management Frequently Asked Questions**

*Revised 4/1/10*

*Is my daughter required to take the test?*

No. However we recommend all girls take advantage of this free service.

*How much will the test cost?*

The test is free to all girls in our program. DS Girls Lacrosse did not budget for this test this season but the additional cost is roughly \$3 per girl. Any donations to DSGL to support this program will be gratefully appreciated.

*Are the test results confidential?*

Yes. A test administrator, most likely a team coach or manager, will review the girls results to make sure there are no problems (incomplete test, skewed results, etc). The results will be stored on a secure server. Baseline tests can be downloaded by the program administrator (in 2010 this will be Dave Laidman – davelaidman@hotmail.com) in the event a parent needs these results for medical purposes.

Please note - this is not a pass/fail test. It simply provides a baseline that can be used for comparison purposes in the event of a head injury.

*Is this the same test that is being offered to all DSHS students?*

Yes. DSHS mandates that all students take the baseline test regardless of their class, sport or activity. ImPACT is a program used by the National Football League, the National Hockey League, many minor league teams, and many college and high school programs across the nation.

*Why isn't this testing offered to girls in the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grades?*

ImPACT testing has been determined to be less effective with children under 10 and since the vast majority of our girls in these grades are younger than 10, we are not offering to them at this time.

*How often is my daughter required to take this test?*

The baseline test should be taken every 2 years. For all 7<sup>th</sup> and 8<sup>th</sup> graders, they will not take the test through DSGL again as it will be offered in high school. 5<sup>th</sup> and 6<sup>th</sup> graders will take this test again in 2012.

*How will the test be administered?*

The test is run on a computer connected to the internet. We will use the computers in the lab at Chickering School. A coach, team manager and/or volunteer parent will be in the lab to supervise the test. The baseline assessment will take approximately 20 to 30 minutes.

*How can the test help if my daughter sustains a possible concussion?*

If an athlete suffers a head injury, the program administrator can print out the results of the test and give them to the parent so they can be shared with your primary care physician.

In many cases your primary care physician may not have the ability to use the test results effectively. DSGL has partnered with Dr. Neal McGrath, a neuropsychologist and recognized expert in the field of traumatic brain injuries. If desired, parents can make an appointment with Dr. McGrath for further evaluation. He can issue a post-injury ImPACT test and compare the results to the athlete's original test. From there he can determine and recommend the appropriate care for your daughter.

Where can I learn more about concussions, concussion management, ImPACT testing and Dr. Neal McGrath?

- A good video from an athlete who had a serious concussion:  
<http://www.youtube.com/watch?v=yIqZDbk3M40>
- A good video from the mom of the athlete above:  
<http://www.youtube.com/watch?v=uO-ordcPWSU&feature=channel>
- Further information on ImPACT can be found on the web at  
[www.impacttest.com](http://www.impacttest.com)
- Further information on Dr. McGrath can be found at  
[www.sportsconcussion.net](http://www.sportsconcussion.net)
- Guide for Recognizing Concussions from the CDC  
[http://www.cdc.gov/concussion/pdf/parents\\_Eng.pdf](http://www.cdc.gov/concussion/pdf/parents_Eng.pdf)
- Fact Sheet for Athletes to Help Them Understand Concussions  
<http://www.cdc.gov/concussion/HeadsUp/pdf/AthleteFactsheet.pdf>