



Dear Parent/Guardian,

Owego Free Academy & Owego Apalachin Middle School are currently implementing an innovative program for our students and athletes. This program will assist our team physicians/athletic trainers / nurses 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 students and athletes before beginning contact sport practice, competition or physical education. 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 students and athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a pre-season 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 student or athlete will be required to re-take the test. Both the pre-injury and post-injury test data is given to our chief medical officer, to help evaluate the injury. The test data will enable our health professionals to determine when return-to-play or return-to-physical education is appropriate and safe for the injured student or 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 child. 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 athletics/physical education/health department, administration, teaching, coaching, and athletic training staffs are striving to keep your child’s health and safety at the forefront of the student athletic and physical education experience. If you have any further questions regarding this program please feel free to contact me in the Athletics Office.

Sincerely,

Andy Buchsbaum
Director of Athletics, Health and Physical Education
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