

# Edgerton District 581 Schools

Health Related Services – 507-442-7881

## **POLICY REGARDING ImPACT TESTING FOR ALL MSHSL ATHLETES IN SCHOOLS**

**DEFINITION:** Immediate Post-concussion Assessment and Cognitive Testing (ImPACT™), is a computer-based evaluation for sports concussion. A pre-concussion ImPACT test helps establish baseline cognitive functioning. This baseline can be compared to post-concussion testing if the athlete suffers a head injury later.

**ADMINISTRATOR:** Each school will have a testing administrator on site. This administrator works with Sanford Orthopedics and Sports Medicine to purchase a volume of tests annually.

**WHO PARTICIPATES:** All Athletes participating in a MSHSL recognized sport must have a current ImPACT test on file prior to participation in the activity. This includes, but is not limited to: football, volleyball, soccer, cross country, basketball, softball, baseball, track, golf and cheerleading.

**WHEN TO TEST:** Each August/September, the on-site ImPACT administrator will publish a list of athletes that need to take the ImPACT test and a list of times it will be administered. Athletes are expected to take the test (and pass) prior to participation. Coaches will ensure athletes attend testing times and ImPACT administrator will communicate with coaches regarding attendance.

ImPACT baseline tests are valid for two years. In the event an athlete has an incident that requires re-administration of the ImPACT test post-injury, the ImPACT administrator will work with the Sanford Orthopedics and Sports Medicine to ensure athletes' scores are acceptable and institutes the return to play protocol.

**RETURN TO PLAY:** The return-to-play protocol is when the athlete's post-injury ImPACT scores are comparable to their baseline scores. There are four stages in the return to play protocol. They are:

Stage 1: light Aerobic Exercise: walking, swimming, stationary cycling. Duration: no longer than 20 minutes.

Stage 2: Sport Specific exercise: moderate running, skating, dribbling or weight training. Duration: no longer than 30 minutes

Stage 3: Non-Contact Training Drills: sprinting/running, full weight training, non-contact drills. Duration: 30-60 minutes

Stage 4: Full Contact Practice: resume normal training activities. Duration: full practice.

Things to remember with the return-to-play protocol:

- Each stage is to be completed approximately 24 hours apart from each other
- In recurrent or severe concussions, the RTP protocol may be extended.
- Each stage is to be completed without the return of concussive symptoms before proceeding to the next stage.
- If the athlete becomes symptomatic during the course of the protocol, he or she will wait approximately 24 hours and try to complete the same stage as the previous day.

**EXPECTATION:** It is expected that coaches follow the return to play protocol under the directives set forth in the ImPACT testing protocol and Sanford Orthopedics and Sports Medicine.