



Timberland High School

Dr. Curtis Cain
Superintendent of Schools

Recipient of the "Distinction in Performance" Award
- Every year since 2006 -

Dr. Kyle Lindquist
Principal

Todd Hayes
Activities Director

IMPACT TESTING INFORMATION

During the season, your child could experience a concussion. A concussion is a brain injury that if not managed carefully, could lead to permanent disability, a life-altering injury, or even death. During this current school year, we have implemented a computer-based brain injury testing program paid for by the Wentzville School District. The program is called ImPACT, and it is being used at the NFL, Division I, and numerous high school sports programs around the country to manage brain injuries (aka concussions) before and after they occur. ImPACT testing is not the only tool that will be used to assess your child's safe return to play status, but it is the gold standard that is used by the NFL and other Division I sporting programs. More information can be obtained by logging onto www.impacttest.com.

The key to the whole program is testing athletes *before* they incur a brain injury. This pre-injury testing is vital to prevent the athlete from returning to play too soon, and risking the chance of a second brain injury, called Second Impact Syndrome, that could lead to permanent disability, a life-altering injury, or even death.

All athletes from our schools must complete the ImPACT pre-testing before competing. This requires the athlete completing a 20 to 30 minute online test under the supervision of the Athletic training staff. This test will produce baseline information that can be compared with follow up information if necessary.

Included in your Athletic Participation Packet (available on the school website), we have provided a 'Parental/Guardian Consent' form that must be completed prior to your child being pre-tested. Please sign and return this consent form to the Activities Office. Our athletic training staff will pre-test these athletes during the week of registration.