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## ***LE JARDIN ACADEMY***

August 6, 2018

Dear Parent / Guardian,

Le Jardin Academy is currently implementing an innovative program for our student-athletes. This program will assist our athletic health care team in evaluating and treating head injuries. 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 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 a head injury, and when the injury has fully healed. In addition to implementing the ImPACT test, we will also utilize the BESS (Balance Error Scoring System) Test. Both the ImPACT and the BESS tests establish a baseline score prior to beginning a contact sport season. After a concussive injury, the injured athlete is re-assessed and the scores are compared to the baseline score. Athletes will only be considered to return to their activities if the post-injury scores are comparable to the baseline scores. Although it is our goal to test all athletes prior to the season they participate in, we may be administering the tests during the season due to limited resources of computer technology availability and the large number of student-athletes. This non-invasive ImPACT test is set up in "video-game" type format and takes about 20-30 minutes to complete. The ImPACT test is an athletic physical exam of the brain. It tracks information such as memory, reaction time, and concentration. It is not an IQ test. The BESS test consists of three stances on two different surfaces. The three stances are the double leg stance, the single leg stance, and the tandem stance. The two different surfaces include both a firm (ground), and foam surface. The BESS test takes approximately 10 minutes. If a concussion is suspected, the athlete will be required to re-take both tests. Our athletic trainer will evaluate pre-season and post-injury test results.

The test data will enable health professionals to determine when return-to-play is appropriate and safe. If an injury of this nature occurs to your child, you will be promptly contacted with all details. The information gathered from the ImPACT and BESS programs may also be utilized in studies conducted by our school, the ILH, the University of Hawaii, local physicians, neuropsychologists, the State of Hawaii Department of Education and the National Athletic Trainers' Association. In order to ensure your child's anonymity, we have set up an anonymous data submission system.



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We wish to stress that the ImpACT and BESS testing procedures are non-invasive, and they pose no risks to your student-athlete. 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 Le Jardin Academy Administration, Coaches, and Athletic Trainer are striving to keep your child at the forefront of their athletic experience. Please sign the bottom of this page with the appropriate signatures. If you have any further questions, please feel free to call the LJA Athletic Department at 261-0707 ext. 1610, or ext. 1140.

Sincerely,

Jana Fraser  
Le Jardin Academy, Athletic Director

**I have read the above information. I understand its contents. I have been given an opportunity to ask questions have been answered to my satisfaction. I agree to participate in the ImpACT & BESS Concussion Management Program.**

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Student-Athlete name

Grade / Sport

Signature of Parent / Guardian, Date