

Dear Parents,

In August of 2011 The Roland Park Country School Athletic Department implemented a comprehensive sports concussion program in conjunction with LifeBridge Health at Sinai Hospital for our Upper School athletes. This program brings together neurology, neuropsychology and rehabilitation experts in collaboration with the RPCS Certified Athletic Trainer and Team Physicians to diagnose, monitor and treat sports related concussions. The program is structured to medically manage those athletes who sustain a brain injury, as well as work with those athletes who may experience unresolved symptoms after an injury.

RPCS will conduct baseline testing of all Upper School athletes using The ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) software in order to better manage concussions. ImPACT is a non-invasive test and poses no risk to the athlete. It is not an intelligence or achievement test. Testing is required for all Upper School athletes and will be conducted on the RPCS campus.

ImPACT testing is performed initially to establish a baseline score from which to evaluate an athlete should she sustain a head injury. When an athlete is suspected of having a concussion, she will be re-tested at prescribed intervals to determine the severity of the injury, measure the progress and help her return to pre-concussion levels. Pre- and post-injury results will be shared with our cooperating physicians to analyze. Care can be administered through the LifeBridge program, or in conjunction with your family doctor. This information will give the Certified Athletic Trainer and Physicians a more accurate tool to utilize in making decisions for athletes to return to play.

Baseline testing of spring sport athletes who did not play a fall or winter sport will be conducted on the following dates and times:

February 7th at 4:15 pm

February 8th at 1:00 pm and 2:00 pm (upper school conference day)

February 9th at 4:15 pm

Spring sport athletes who played a fall or winter sport this year do not have to take the test again at this time. All testing will be conducted in the Lower School Killebrew Library Computer Lab. Your daughter will be responsible for signing up for one of the above time slots when she signs up for her spring sport. Please make every effort to have your daughter

take the test at one of the above times, as make up testing time will be extremely limited and may conflict with spring sports practice and game schedules.

Please print, sign, and send the attached consent form with your daughter on her testing day. Please do not mail them. Testing cannot be administered without a signed consent form. Athletes will not be permitted to participate in interscholastic athletic competition until baseline testing has been administered.

We are looking forward to working with your daughters. Should you have any questions or concerns about the administration of the test or the program, please feel free to contact Sharon Barbosa, Certified Athletic Trainer at barbosas@rpcs.org.

Sincerely,

Lois Miller
Director of Athletics
410-323-5500 x 3065
millerlo@rpcs.org

Sharon Barbosa
Certified Athletic Trainer
410-323-5500 x 3075
barbosas@rpcs.org