



Concussion Management Program for HeronBridge Equestrian Team

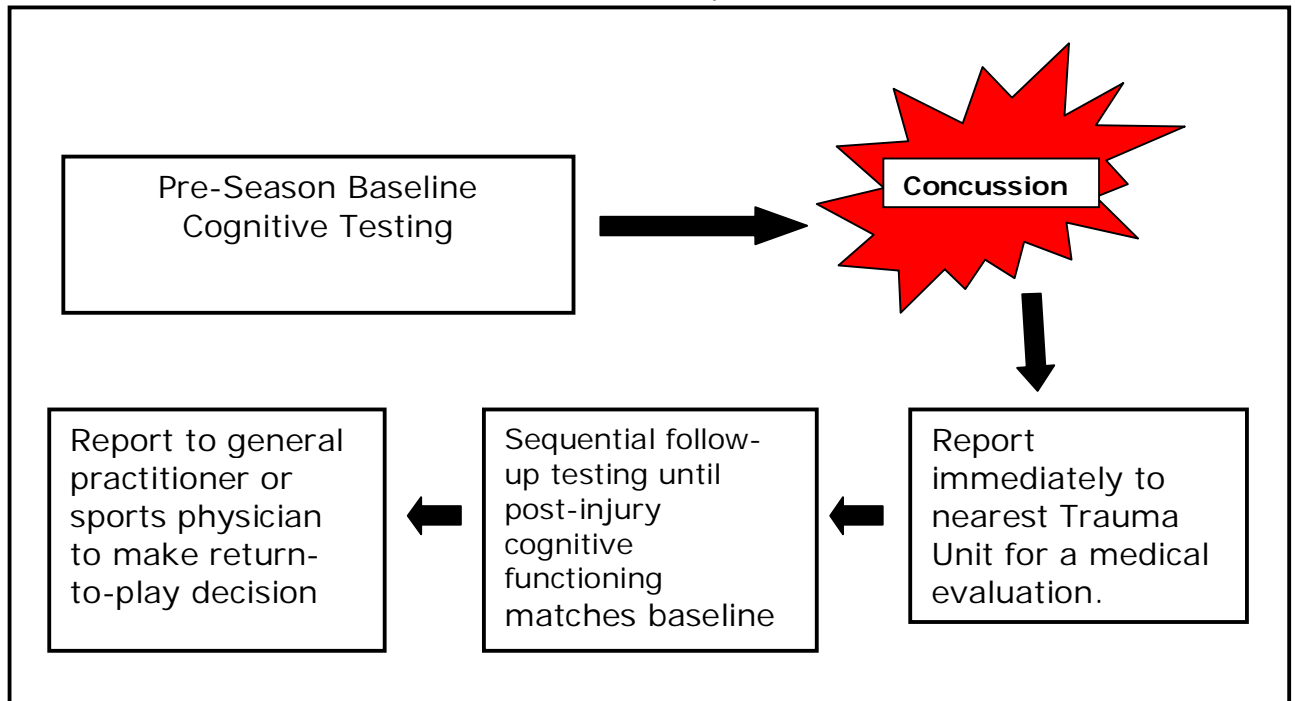
Dear parent/guardian

In an effort to make school contact sports both safer and more enjoyable, Heronbridge College has again decided to implement the ImPACT concussion management program.

A concussion or Mild Traumatic Brain Injury is one of the more serious incidents that might arise during participation in sports such as rugby, hockey, equestrian, mountain biking and rock climbing. A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head. Whilst the first concussion a player sustains may not cause permanent damage, a repeat injury to the head soon after the prior unresolved concussion can have very serious consequences, including increases in intracranial pressure, massive swelling, and even death. This condition is referred to as **second impact syndrome**.

As part of an ongoing initiative to manage concussion in sport, schools are increasingly utilizing concussion management programs for their student-athletes. Senior student-athletes (aged 11 years and upwards) utilize a computerized program called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing), while junior student-athletes participate in paper-and-pencil testing. Both are confidential neuropsychological assessments that each athlete takes prior to the athletic season. If the athlete is believed to have suffered a head injury during competition, they re-take the exam to help determine the extent of the injury and whether the injury has healed. The programme is administered by a Clinical Psychologist with a special interest in Neuropsychology and is used in conjunction with coaches and a doctor or medical practitioner who is experienced in concussion management. The information provided by pre and post-concussion testing will be able to advise doctors, coaches and parents more precisely when it would be safe for athletes to return to sport.

See the flow-chart below to understand how the process works:



The cost of the concussion management programme will be R350.00 per pupil for the entire season. The services provided in the program include education on concussion management to coaches, leasing of the programme to the school, baseline testing and all follow-up concussion monitoring and reporting for the duration of the academic year. All parents will receive a detailed information booklet in both electronic and hard-copy format outlining the procedures of what to do when a sports concussion occurs.

Baseline testing and follow-up test interpretation will be conducted by Mr. Elton Bloye, an accredited ImpACT Clinical Psychologist who is based in the Fourways area, as well as Dr. Vicki Alexander, Research Psychologist and Director of ImpACT Applications SA. Following a concussion, the student-athlete will be retested and a report will be sent to you and your child's General Practitioner or Sports Physician to facilitate effective return-to-play decisions.

Please note that computerized testing with ImpACT is only available for ages of 11 years and upwards. Junior student-athletes will participate in paper-and-pencil cognitive testing until the launch of **ImpACT Paediatric**, which is expected in the near future. If you wish for your child to participate in the program, please complete the form with the appropriate signatures. If you have any questions regarding this program please feel free to contact Mr Elton Bloye (Clinical Psychologist) at 011 462 7501 or Ms. Triggol on 0861 437 662 or visit www.concussion.co.za.

ACCEPTANCE FORM

I agree to participate in the Concussion Management Program at the school in 2010.

(If you have agreed, please complete the following information)

Name of student-athlete: _____ Age: _____

Name of Father/Guardian: _____

Contact no. _____ Email: _____

Name of Mother/Guardian: _____

Contact no. _____ Email: _____

Name of General Practitioner: _____

Tel. no. of GP: _____ Email address of GP: _____

I do not agree to participate in the Concussion Management Program at the school in 2010.

Parent's signature

Name

Date