

Timberlane Regional School District

36 Greenough Rd | Plaistow, NH | 03865

Dear Parent/Guardian:

Due to the current Covid-19 Pandemic, the Timberlane Athletic Department was not able to conduct Impact Concussion Testing for middle school and high school student-athletes in June, as planned. We have coordinated with Access Sports Medicine and created an opportunity for student-athletes to complete the testing from home.

It is important to note that parents must register their son/daughter for sports through the athletic website prior to taking the Impact Concussion Test. The registration link, as well as Impact Concussion Testing information, is located on both the middle school and high school athletics pages.

Any student-athlete entering grades 6, 8, 9, and 11, and is already registered for the following Fall Sports; Football, Soccer, Field Hockey, Volleyball, and Spirit, will need to complete the testing prior to participation. Also, any new students registered for these sports will also need to complete the testing.

We ask that your son/daughter complete the testing by Monday, July 20th. Please feel free to email any questions to: angelo.fantasia@timberlane.net or Jessica.soucy@timberlane.net.

Thank you for your attention to this matter.

Sincerely,

Angelo Fantasia, CAA
Director of Athletics
Timberlane Regional School District



Dear Parent/Guardian,

The Timberlane School District is currently implementing an innovative program for our student-athletes. This program will assist the school athletic department in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by 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, high school and middle school sports programs across the country 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 head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in “video-game” type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be provided the opportunity to re-take the test. The test data will enable health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

We wish to stress that the ImPACT 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 long term effects that can occur with multiple concussions. The Timberlane School District administration and coaching staffs are striving to keep your child’s health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact the Athletic Director.

Sincerely,
Access Sports Medicine & Orthopaedics

ImPact Testing: Remote, At-Home Access

Due to the current COVID-19 pandemic, Timberlane Regional High School, in conjunction with Access Sports Medicine and Orthopaedics, had made the ImPact Concussion Testing readily available for you to access at home. For your student-athlete to be eligible to participate in their desired upcoming sport, they must have a completed and valid Impact Concussion Test on file.

To access the testing site, please follow the steps below.

1. In your search browser, type in or copy and paste the following link.
<https://www.accesssportsmed.com/concussion-care/impact-concussion-testing/registration/>
2. Please fill in the registration page completely. Utilize the code below in the registration code box.
 - a. REGISTRATION CODE: 37c99b8d2e

The screenshot shows the top portion of a web registration form. At the top, there is a navigation bar with the Access Sports Medicine logo and links for SPECIALTIES, SERVICES, OUR LOCATIONS, OUR TEAM, and RESOURCES. A 'REQUEST APPOINTMENT' button is on the right. Below this is a dark blue header with the text 'Register for Concussion Testing Program'. The form fields are: 'Name' (split into 'First' and 'Last'), 'Your Email', 'Registration Code', and 'Date of Birth'. A blue arrow points to the 'Registration Code' field.

3. At the bottom of the registration page, you must click "Send me a copy". Click Submit.

The screenshot shows the bottom portion of the registration form. It includes fields for 'ZIP Code' and 'Phone Number'. Below these are two checkboxes: 'Send me a copy' and 'Yes, I would like to receive news and updates from Access Sports Medicine'. A blue arrow points to the 'Send me a copy' checkbox. At the bottom of the form is a blue 'SUBMIT' button.

PLEASE NOTE:

Registration data will be kept confidential and will only be used for matters relating to the Concussion Program.

4. You may be prompted to enter in information or choose from a set of images to ensure you are not a “robot”.
5. You will then be redirected to a new page, requiring you to enter in another registration code.
 - a. **REGISTRATION CODE: 37c99b8d2e**
 - b. Click “Validate”
 - c. Proceed to the next drop-down menu to select your high school.
 - d. Be sure to select the HIGH SCHOOL, NOT the Middle School!
 - e. Click “Launch Baseline Assessment”



Please enter your Customer Code:

Access Sports Medicine

6. The test has now begun, and the student-athlete will be prompted to answer a few questions.
 - a. Please fill in as much information as possible.
 - b. When two blue boxes show up, please click “Enter Additional Demographics”. DO NOT SKIP THIS SECTION!



7. When the test is complete, a confirmation page will come up.
 - a. Enter your email, verify your email, and click email.
8. The test is complete, and you may close out of your web browser. THANK YOU!

FAQS

My screen will not load and move on to the next question. What do I do?

- If this happens, the universal reset key is F5. Press the key and your screen should reload. If this does not work, please contact Jessica.soucy@timberlane.net

What does it mean by “position”, “level”, and “years of participation”?

- These questions are in the demographic section that you will need to fill out. Please put the position (ex. Forward, midfield, defense), JV/V level, and how many years you have played the Fall sport at the HIGH SCHOOL. If you are an incoming Freshman, leave these answers blank.

Is this test graded? What happens if I fail?

- Although you do not receive a “grade” at the end of the test, you can have an invalid test result. This means that you scored significantly lower on any given session compared to a normal test result. If your score is invalid, you will be asked to retake the test in an attempt to receive a valid score.

When it asks me to put my grade, what do I put?

- Put the grade level you will be entering in the FALL.

What do I do when I am finished the test?

- The test completion screen will appear when you have completed the test. Enter your email address, confirm your email address, and click “email”. You may then exit out of your open screens, and you are finished.

***If you have any technical issues or questions, please contact”
Jessica.soucy@timberlane.net***