

ATTENTION STUDENT-ATHLETES AND PARENTS

Just a couple of things I would like to bring to your attention for anyone participating in athletics next year (entering 4th-12th grade). In order to have a valid (required annually) physical for the 2015-2016 season, it must be completed on or after **April 15th, 2015**. Any physical form completed prior to April 15th is not valid.

Reminder of Senate Bill 2281 regarding concussions. All coaches must undergo a concussion course before they are allowed to partake in any coaching duties. Also included in the bill is the fact that “districts must document that the student AND their parent(s) have viewed information on concussions.” This means before your athlete is eligible the parents AND athlete must have taken the concussion course as well.

Please sit down with your athletes and watch this FREE 20 minute online course. At the end of the course, you must **PRINT** off the certificate with your **ATHLETES NAME** verifying that they viewed the presentation with their parents. A reminder will be sent out in the fall when coaches are sending out their preseason information. **When you bring in the certificate to the office, it should have your athletes name on it as well as a parent signature as verification that you watched the video with your son/daughter.** This certification is good for two years (2015-2016 and 2016-2017 school years).

This should walk you through the step-by-step process of getting signed up.

- 1) Go to www.nfhslearn.com
- 2) You must register for the website (right hand side). **Sign up using the name of your athlete!**
- 3) Once registered (don't forget your username/password), go to the far left and select “Courses”
- 4) Under “Free Courses” you will see “[Concussion in Sports - What You Need To Know](#)”
- 5) Click “Order Now”
- 6) You should see “I am ordering for myself” Click Continue
- 7) Select “North Dakota” and Click Save...then Checkout. Notice Balance says \$0.00
- 8) Click Checkout and you should be ready to get started

There is another free course entitled “The Role of Parents in Sports” I encourage you to take a look at if time permits.

***Remember: without the annual physical and the concussion certificate on file, your athlete is ineligible.

As another precaution to the dangers of concussions, the school has decided to start “ImPACT testing” this past school year. I will include some information on what exactly ImPact testing is at the end of this letter. We tested all 7-12 athletes in contact sports (Football, Basketball, and Volleyball) and will continue to do that for the 2015-2016 school year. Since the tests are good for two years, we will only need to test incoming 7th graders and anyone who did not play this last school year and will participate in the 2015-2016 school year.

In summary, before your student-athlete can partake in practice next year the athletes must have the following:

- 1) Updated physical on file in the office
- 2) Concussion certificate signed by parent/guardian on file in the office
- 3) Completion of the ImPact online test

If you have any questions, please don't hesitate to contact me at 749-2570 or email at Tom.Milbrandt@k12.nd.us. Have a wonderful summer!

Respectfully,

Tom Milbrandt
MVHS AD

Information on ImPACT testing

Developed by clinical experts who pioneered the field, ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system. ImPACT provides trained clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices -- as part of determining safe return to play decisions.

Through tools such as the [ImPACT Concussion Management Model](#) ImPACT addresses the need for an accurate, medically accepted assessment system that is used as part of an overall concussion management protocol. This Model builds partnerships with healthcare professionals and athletic trainers to offer training and resources for affordable concussion management. ImPACT benefits athletes at all levels of play, from professional sports teams to students and their parents.

ImPACT has the largest [database of clinical research](#) (more than 215 peer reviewed and 145 independent studies) on concussion management, validating ImPACT's model. Further, ImPACT's comprehensive normative data includes more than 75,000 (and growing) results, which provides reliability and validity of testing, even without a baseline.

ImPACT has received numerous accolades and endorsements from many of the world's leading sports authorities, governing bodies, teams and athletes. Currently, more than 10,000 medical professionals have been trained by ImPACT on concussion management and the ImPACT Program. ImPACT is in use by the majority of teams in MLB, NHL, NFL and WWE. More than 7,400+ high schools, 1,000+ colleges and universities, 900+ clinical centers, 475+ Credentialed ImPACT Consultants, 200+ professional teams and select military units use ImPACT. Cirque du Soleil, Irish and South African rugby teams, among many other organizations around the globe also use ImPACT.

ImPACT and its products continue to evolve by incorporating the latest advancements in neurocognitive science and in technology for portability and ease of use. In addition, ImPACT is constantly expanding educational resources and tools to raise awareness regarding the importance of proper concussion management. Proof of ImPACT's clinical value can be found in more than a thousand clinics and hospitals throughout the United States and elsewhere.

The ImPACT Test is a fundamental element of ImPACT's overall approach to concussion management. Here are important facts about the ImPACT Test:

The ImPACT Test is:

- One important piece of the overall concussion evaluation and management process.
- A sophisticated test of cognitive abilities.
- The most scientifically researched concussion management tool.
- A tool that can help health care professionals track recovery of cognitive processes following concussion.
- A tool to help communicate post-concussion status to athletes, coaches, parents, clinicians.
- A tool that helps health care professionals and educators make decisions about academic needs following concussion.

The ImPACT Test is not:

- A "panacea" or cure-all for concussion, as there is no such thing. As long as contact to the head occurs, concussion will continue to happen.
- A tool to diagnose concussion, which should always be diagnosed by a qualified health care provider.
- A substitute for medical evaluation and treatment.