

Dear Pine-Richland Student-Athletes and Parents/Guardians:

UPMC Sports Medicine is proud to provide complimentary ImPACT concussion baseline assessments to all student-athletes, grades 7 through 12, from the Pine-Richland School District in a new web based program. The ImPACT concussion baseline assessment is a test of cognitive function including memory and reaction time. It is NOT a measure of intelligence! All baseline assessment results will be stored in a secure database that can be accessed by UPMC Sports Medicine personnel in the event of a head injury or concussion. The instructions for completing the baseline assessment are outlined below. If you have any questions, please contact one of the certified athletic trainers, Eric or Michelle, at 724-625-4444 ext. 6825.

NEW REQUIREMENTS! PLEASE READ CAREFULLY: All Pine-Richland student-athletes in grades 7-12 participating in any of the following sports will be **required** to take the ImPACT concussion baseline assessment each year as directed by Mr. Clair Altemus, Pine-Richland Athletic Director.

Football	Boys' Soccer	Girls' Soccer	Girls' Volleyball
Field Hockey	Boys' Basketball	Girls' Basketball	Boys' Volleyball
Wrestling	Baseball	Softball	Girls' Lacrosse

The baseline assessment must be completed, with parent/guardian supervision, before you report for your first day of preseason camp or tryouts. **For fall sports in 2008 this date is Monday, August 11, 2008.**

If you intend to play one of the sports listed above and you do not complete the baseline assessment with parent/guardian supervision this year, you will not be allowed to practice with your team.

All Pine-Richland student-athletes in grades 7-12 participating in any of the following sports, including club sports, are **strongly encouraged** to take the ImPACT concussion baseline assessment.

Girls' Tennis	Boys' Tennis	Girls' Golf	Boys' Golf
Cross Country	Swimming/Diving	Track and Field	Boys' Lacrosse
Ice Hockey	In-Line Hockey	Rowing (Crew)	Fencing
Gymnastics	Ultimate Frisbee		

Preparing for the Online ImPACT Concussion Baseline Assessment

You will be able to run the online ImPACT concussion baseline assessment smoothly from your computer:

- If you have a desktop or laptop computer with internet connection. If you are using a laptop computer, you **must use an external mouse**. Also, do not run the laptop from the battery, use the A/C connection.
- Close all other programs before starting the baseline assessment. If you have a **pop-up blocker installed**, you will need to turn it off or temporarily allow pop-ups from our site.
- Make sure you are using Internet Explorer 5.0 and above or Firefox. The baseline assessment is currently **ONLY** supported by these browsers.
- You must have Macromedia Flash Player installed on your computer to take the baseline assessment. You can download Adobe Flash Player for free at www.adobe.com.
- To ensure that results are accurate, **a parent/guardian must supervise the student-athlete** during the baseline assessment procedure.
- The baseline assessment will take approximately 20 to 30 minutes. To ensure the most accurate result, turn off music, TV, or other background noises while taking the baseline assessment. These things can potentially interfere with your ability to answer clearly.
- If you do not have access to a computer with internet connection or have other problems in taking the baseline assessment, please contact one of the certified athletic trainers, Michelle or Eric at 724-625-4444 ext. 6825.

Accessing the Online ImPACT Concussion Baseline Assessment

- Go to <http://sportsmedicine.upmc.com>.
- Click on the ImPACT button on the right side of the screen.
- You will be directed to an authorization form. To proceed with the test, you must be over 18 years of age or meet the assessment supervision guidelines listed above. To agree with the authorization, click on the link at the bottom of the page to **UPMC Baseline Concussion Testing for UPMC Affiliated Schools**.
- You will be linked directly to the assessment website. Click on the **Launch Baseline Test** button.
- Initially, you will be directed to a series of questions that you will need to answer before taking the baseline assessment. Please answer all questions as honestly as possible.
- Follow the instructions carefully. Missing key instructions or not giving the baseline assessment your full attention will affect your results.
- Put in your best effort. This is a difficult assessment. No one gets everything right, so don't get frustrated.
- If you become confused about the directions, keep trying to do your best.
- Contact the one of the certified athletic trainers, Michelle or Eric at 724-625-4444 ext. 6825 if you have any problems and/or questions regarding the baseline assessment or if you were unable to complete the baseline assessment.

Proper Head Injury or Concussion Follow-Up

- If you think that you have a head injury or concussion, please inform one of the certified athletic trainers, Michelle or Eric, as soon as possible. Again, the athletic training office phone number is 724-625-4444 ext. 6825.
- To ensure that you/your child receives the best concussion care possible, one of the certified athletic trainers at Pine-Richland will coordinate follow-up care with the UPMC Sports Concussion Program.

All questions or concerns regarding ImPACT concussion baseline assessments should be directed to one of the certified athletic trainers, Eric or Michelle at 724-625-4444 ext. 6825.

Please DO NOT call the Athletic Office regarding ImPACT concussion assessments. Thank you.