



Fall 2016

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Dear Parent/Guardian,

The Academy of the Holy Cross has instituted a concussion policy to help students who sustain a suspected head injury. If your daughter is a student athlete, a computer *Baseline ImPact* test is taken prior to the first season that your daughter participates in a sport. This provides a standard that is used to compare test scores following a suspected head injury. The Baseline test is good for TWO years, unless a concussion occurs, at which time a new baseline test will be administered. The software that is used for the test is ImPact (*Immediate Post-Concussion Assessment and Cognitive Testing*). The test usually takes 25-30 minutes and is taken at school. If your daughter is not a student athlete, the protocol below should still be followed.

In the event that a head injury is suspected:

1. The student should follow-up with the school nurse or the athletic trainer regardless of where the injury occurred. The parent/guardian will be notified by school personnel when a possible head injury is suspected.

If your daughter is a student athlete, she will schedule a time to take the *Post-Concussion Assessment* (usually 24-48 hours post injury). Once the test has been completed, the scores will be given to the student.

2. The second step of the concussion policy is for the student to be evaluated by a medical doctor. Along with the Impact tests scores, the student will take two forms to the doctor appointment.

The first, ***Medical Clearance for Suspected Head Injury Form***, top portion only, needs to be filled out at the first appointment and should be returned to the school nurse or athletic trainer. This form will also be brought back for the final doctor appointment to be signed when the student is cleared of her injury.

The second, ***AHC Return to School - Gradual Academic Progression Form*** outlines any academic accommodations the student will receive that may need to be put in place and should be returned to the guidance counselor upon her return to school.

Communication between the student, parent/guardian, athletic trainer, school nurse, and school counselor is of the utmost importance during this time to ensure that your daughter is able to recover in a manageable environment.

We ask that you and your daughter please take a few minutes to review the information in this packet as it pertains to concussions. Each incoming parent and student must read and electronically sign this concussion information document.

Sincerely,

Melissa Huey-Burns, Principal
Lisa Schrader, Athletic Director
Kathleen Clark, RN
Dena Rapoport, Athletic Trainer
Amy Schmidt Stowe, Director of Counseling