



Dear Parent/Guardian,

During the 2012/2013 season, The Mankato Area Hockey Association (MAHA) implemented an innovative program for our athletes. This program will assist physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). The Mankato Clinic Foundation has provided resources to all of the area schools to purchase ImPACT Concussion Management Software. The Mankato Clinic Foundation has now made this software available to the Mankato Area Hockey Association at no cost. The mission of the Mankato Clinic Foundation is to encourage and support the health and wellbeing of our community through initiatives that promote and improve community wellness. The Foundation is funded primarily by Mankato Clinic physicians and staff. We are appreciative of their generous support in helping to provide a safer environment for our athletes.

ImPACT is a computerized exam utilized in many professional, collegiate, and high 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 required to re-take the test. Both the preseason and post injury test data is given to a local doctor to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these 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 have this program available to our athletes given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The MAHA board members are striving to keep your child’s health and safety at the forefront of the athletic experience. All players participating in Pee Wee, Bantam, U15 and U12 are required to have ImPACT testing done. Please bring the attached pages with the appropriate information and signatures to the testing site at your designated time.

Sincerely,  
MAHA Board