

ImPACT Concussion Baseline Testing

In August of 2010 ImPACT (Immediate Post-Concussion Assessment and Cognitive Test) was implemented at Henderson High School. Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and post-injury neurocognitive testing. ImPACT is a tool that allows the HHS Athletic Training staff to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. The ImPACT baseline test is administered twice in a student-athletes career, during their 9th and 11th grade years. The test is also administered to any new student-athletes, transfers or a 10th or 12th grader who hadn't taken the test the previous year.

All students who participate in the following sports must take the ImPACT baseline test:

- Football
- Soccer
- Field Hockey
- Wrestling
- Basketball
- Lacrosse
- Baseball
- Softball
- Cheerleading
- Ice Hockey
- Rugby

More information about ImPACT can be found [here](#).