



To the Parents of Manchester Regional Youth Hockey

MRYHA has partnered with Safe Sports Network to begin a program of ImpACT™ baseline testing for concussion safety for the 2011-2012 hockey season.

Safe Sports Network, a program of the NH Musculoskeletal Institute recognizes that sport-related concussions pose a serious risk to young athletes. Therefore Safe Sports and the Manchester Flames will implement a concussion management program to ensure prompt and safe assessment and management after injury. A safe return to play process for athletes who have sustained a concussion is our primary goal. This program will be implemented at the Peewee, Bantam, U14 Girls, and Midget levels.

The concussion program established by Safe Sports and the Flames organization includes, baseline testing (before an injury happens) of neurocognitive performance using the ImpACT™ test, proper coach and parent education on concussions, clinical management of the injury at the free Safe Sports drop-in clinic by Certified Athletic Trainer's, as well as post-injury ImpACT™ testing. The ImpACT™ testing system is a user-friendly computer-based program which is designed to test multiple aspects of cognitive functioning like concentration, memory and reaction time. All ImpACT™ tests will be read by a neuropsychologist from Dartmouth to ensure an accurate reading and appropriate management for each injury.

This concussion management program will be explained in greater detail at upcoming Flames practice/skills clinic. We hope you will join us to learn more about concussions and how this program can help protect your child in the event of a head injury. To learn more about Safe Sports and NHMI please visit our website at [www.nhmi.net](http://www.nhmi.net).

**Representatives from Safe Sports will be conducting an informational meeting for parents in the WSA warm room on Monday from 5:30-7PM October 24<sup>th</sup> and again on Tuesday October 25<sup>th</sup> from 5:30PM-6:30PM at JFK during your child's skill clinic or practice.**

Sincerely,

Randy Caron  
President, Manchester Flames

Sincerely,

Keith Belmore, MEd, ATC  
Director, Safe Sports

