



Dear Parents/Guardians,

As part of the larger movement to advance player safety in youth sports, Mountain House High School will be joining athletic teams across the country in using HitCheck's concussion management tool this season.

While we do everything in our power to avoid injuries, they can happen in any sport at any level. Early detection is a critical first step in treating an injury. In the event that a concussion is suspected, HitCheck's mobile assessment test will allow us to screen for signs of concussion immediately, right from the field or dugout. In addition to aiding detection, results from HitCheck's test can also be used to help track recovery and make more confident return-to-play decisions.

Additionally, every parent whose child takes the HitCheck test will be able to access their child's baseline and post-injury data – anytime, anywhere – right from their own smartphone.

How does HitCheck work?

- With parental approval, at the beginning of the athletic season, each athlete will take HitCheck's 10-minute baseline test from a smartphone (either their coach's or parents'). This videogame-based test measures cognitive functions most commonly impacted by concussions.
- At any time in the season, if a concussion is suspected, the athlete will be required to retake the test. The HitCheck app automatically compares the athlete's baseline and post-injury test results. Any discrepancies between the two tests could indicate a possible concussion. In the event that happens, the coach will remove the athlete from play where the parent can seek medical attention.
- Athletes will continue re-taking the HitCheck test to track recovery (either at home or at practice).
- Once the athlete has secured the appropriate clearance from a qualified medical professional, the coach will "unbench" them in the app, signaling that they are eligible to return to play.

While we strongly recommend that all of our young athletes use the HitCheck app this season, participation is not mandatory.

*The HitCheck app is not intended to diagnose concussions or make return-to-play decisions. Rather, the app is only one component of a concussion diagnosis and management protocol. The app is intended to provide data that should be used only by qualified medical personnel experienced in the diagnosis and management of concussions. The app's data consists of test results regarding certain cognitive skills, which could be affected by a head injury, and the comparison of these results to the app user's pre-injury baseline scores. A complete concussion and return-to-play assessment should not be made based on the data in the app alone, and should only be made after a user has received a medical examination by a qualified medical professional. Only you are responsible for seeking medical attention and sharing your child's testing results with a medical practitioner, if a concussion is suspected. We will never share your child's testing results with anyone besides the immediate PALL coaching staff without your express permission.