



April 2021

Dear Parents

Re: Mandatory baseline concussion testing for all Bishops rugby and hockey players in 2021

Best practice in the assessment and management of concussion indicates that neuropsychological testing should form part of the medical assessment and management of concussions.

Since 2016 Bishops Prep has made it compulsory for all boys who play rugby and hockey at Bishops to be enrolled in the concussion management programme. The ImPACT programme uses computer-based neuropsychological tests to assess and monitor the players. Athletes enrolled in this programme undergo pre-season (baseline) testing every two years. The test takes approximately 30 mins. In the event of a head injury your son is reassessed using the ImPACT protocol to help determine the severity of the injury and to monitor his recovery. Your sons scores are then sent to the BSU and are assessed by the Clinical Psychologist and used along with other medical data to determine a safe return to play (and learn). This concussion management system is widely used at school and college level as well as in professional sports.

The cost of the ImPACT programme per student is R300 for two years. This includes any follow-up assessments and reports required during the year. If your son is enrolled in the programme this cost is added to your son's fees account at the end of the term.

This week I will be conducting baseline tests for the boys. If your son is not a rugby player and you would like him to do the test, please do let me know.

If you have any queries regarding the programme please email Khwezi Mqomboti (kmqomboti@bishops.org.za) or Pete Farlam (pfarlam@bishops.org.za).

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Yours sincerely

Khwezi Mqomboti
Bishops Prep Sports-master

Pete Farlam
Clinical Psychologist, Director of the
Bishops Support Unit

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