

# ASC CONCUSSION POLICY

Any Alyeska Ski Club athlete suspected of having sustained a concussion/ traumatic brain injury will be removed immediately from participation in Alyeska Ski Club sporting events (e.g. training, practice, camps, competitions or club activities), by the Alyeska Ski Club member coach overseeing such sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in Alyeska Ski Club sporting events or club activities by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to the Alyeska Ski Club in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries within three years of the day on which the written statement is made.

Upon removal of an athlete from participation for a suspected concussion/traumatic brain injury, the Alyeska Ski Club member coach making the removal must also inform USSA Competition Services for athletes competing in USSA sanctioned events. **Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance** (as described above) to the Alyeska Ski Club (and USSA Competition Services for USSA competition athletes) in order to be permitted to participate in any Alyeska Ski Club training programs and competitions that the Alyeska Ski Club teams (Juniors, Freeskiing, Mighty Mites, Juniors, Masters) participate in.

In addition we recommend that Alyeska Ski Club Juniors and Freeskiing athletes participate in a computerized concussion assessment program called ImPACT Testing (Intermediate Post-Concussion Assessment and Cognitive testing) or a pre-season SCAT3 (Sport Concussion Assessment Tool). These testing methods were developed by medical professionals to help evaluate post-concussion injury and track recovery for return to participation. SCAT 3 testing will be offered and administered by medical professionals in the pre-season and is recommended by the Alyeska Ski Club.

More information for the SCAT3 can be found at: <http://www.sportconcussionlibrary.com/content/sport-concussion-assessment-tool-3-scat3>

## About Concussion

A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth. Doctors may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, their effects can be serious.

## Risk of Continued Participation

A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

The Alyeska Ski Club recommends that athletes review the Center for Disease Control’s resources on concussion awareness at the following link:

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

By his/her signature below, THE ATHLETE CERTIFIES THAT HE/SHE HAS READ AND UNDERSTANDS THIS AGREEMENT REGARDING the CONCUSSION POLICY, and agrees in full with its terms, intend that it be binding on the Athlete, his/her heirs, executors, administrators and assigns, and that it remain in full force and effect for as long as the Athlete participates in Alyeska Ski Club training, competition and related programs and activities.

Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_