



## 2016-2017 SARS

# Parent/Athlete Handbook

Our Mission: The SARS mission since the early years is dedicated to promoting mastery and a life-long love for the sports of competitive alpine skiing and riding through a variety of on hill programs. SARS delivers the highest applicable level of coaching and value to all ages at the Northwest's premier ski resort.

Core Values: SARS is a family based organization encouraging volunteer time from all participants and their family members. In return, our members learn lifelong lessons about safety, fitness and responsibility while refining their ski racing skills. Most children participate with SARS for several years, which enables us to powerfully instill our core values: **Teamwork, Discipline, Health and Wellness, and Citizenship**. These values promote quality citizens engaging in a high standard of life.

Schweitzer Alpine Racing School is a proud and active member of the Pacific Northwest Ski Association (PNSA) division of the Western Region of the United States Ski and Snowboard Association (USSA); the governing body for Ski and SnowSports in the United States.

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**About SARS** – SARS has been committed to ski racing excellence at Schweitzer Mountain Resort outside of Sandpoint, Idaho since 1963. A 501(c)3 Non-Profit organization run by a volunteer board, SARS boasts alumni participation at NCAA Division I schools, North-Am Cup competitions and even the Winter Olympic Games representing the United States Ski Team.

**Communication** – In order for our teams to function properly, communication needs to happen clearly, timely, and frequently. The primary source of communication and information is our website. Refer to [www.sars.net](http://www.sars.net) in order to see; upcoming events, training schedule, contacts, and many other club functions. E-mail is also an important form of communication for our club. If for some reason you or your athlete feels a need to call, feel free as our staff is available to you.

**SARS Programs** – Schweitzer Alpine Racing School takes pride in offering alpine racing programs for ages 5 and up as well as a Freeride program for those athletes training for the Terrain Park and Big Mountain Competitions. SARS Programs range from one day per week to five or more days a week of training and competition.

The SARS training season at Schweitzer Mountain Resort begins in early December and continues through mid-April, depending on the program.

**Alpine Race Program** – The biggest program within SARS supporting athletes ranging in age from 5 to their early twenties and in ability from entry level racing to International Competition is the Alpine Race Program. The Alpine Race Program is further divided into Youth Ski League (YSL) and Junior programs. YSL programs are for racers 11 years old and younger on January 1st of the racing season while Junior programs are for athletes aged 12 and older. Racers progress through the different phases of the program as they gain experience and ability.

**YSL STARS** – The 5 and 6 year-old Schweitzer Tiny Alpine Racing School (STARS) skiers improve their skiing and racing skills by skiing with enthusiastic and experienced coaches Saturdays throughout the season. The STARS skier must be a proficient intermediate skier who loves to be challenged by new terrain and the excitement of racing in the three annual SARS Home Series races at Schweitzer. (Refer to page 8 for race details) New in 2016-17 is the inclusion of a Schweitzer NASTAR pass in the STARS tuition. The NASTAR pass will allow groups to get an extra run or two in a race course during the Saturday training.

**YSL (Birth Years 2005 and Younger) Development Team (1 Day)** – The SARS DEVO Team skis every Saturday throughout the season. One day per week skiers focus on skill acquisition through race training and directed free-skiing with their coaches. These skiers compete in the SARS Home Series races at Schweitzer and may also choose to compete at the Emerald Empire (EEYSL) youth races hosted by SARS. (Refer to page 8 for race details) New for 2016-17 is the inclusion of a Schweitzer NASTAR pass in the YSL tuition. The NASTAR pass will offer the opportunity for another training environment for the groups.

**YSL (Birth Years 2005 and Younger) Competition 2 & 3 Day** – The SARS COMP team is designed for skiers ready for a season of racing in the EEYSL. (Refer to Page 8 for race details) On Saturdays and Sundays throughout the season, athletes on the comp team divide their time between race training and directed Free-skiing with coaches. The COMP 3 Day program adds Friday training as a more intensive day for young skiers. All of these skiers are challenging themselves through skiing expert terrain in all conditions while also learning race specific techniques and tactics. New for 2016-17 is the inclusion of a Schweitzer NASTAR

pass in the YSL tuition. The NASTAR pass will offer the opportunity for another training environment for the groups.

**Junior U14 (Birth Years 2003 & 2004)** – The SARS U14 Team is a great way to transition from the Youth Ski League Program to the SARS Junior programs. This group focuses on cutting edge skill development both in and out of gates while having the opportunity to compete in PNSA Zonal and Divisional Evergreen Cup races. (Refer to Page 8 for race details)

**Junior U16/U18/U21 (Birth Years 1994 - 2002)** – This is a full time Racing and Training group that competes at Northwest Cup events, Evergreen Cup events and U16 Regional Championship events (upon qualification). (Refer to Page 8 for race details) It is designed for athletes 14 and older aspiring to be successful at the divisional and regional levels. Athlete's individual needs are met based on tactical, technical, and competitive goals.

**FIS/PG (Birth Year 2000 & Older)** – The SARS FIS Team has been designed to give elite level alpine racing athletes from throughout the Inland Northwest a program in line with their individual athletic goals. The FIS Team will train primarily at Schweitzer Mountain as well as other ski areas as deemed appropriate by the coaching staff.

**Masters (21 years and older)** – SARS Masters athletes range from intermediate level skiers with little or no race experience to racers with elite level backgrounds that still enjoy the challenges of gate training and racing. Masters Skiers select the program that is most appropriate to the needs of the individual. Members may select a session with emphasis on slalom or giant slalom. Typical training for this user group consists of Giant Slalom on Wednesdays and Sundays and Slalom on Thursdays and Saturdays. Similar to the other user groups, the Masters do not train gates on powder days and often ski the entire mountain in their groups. Free-skiing tips are given by the coaches in these sessions.

**Freeride (Birth Years 2007 & Older)** – The SARS Freeride Program encompasses both snowboarding and skiing. Our staff is qualified to safely coach athletes in the skills of skiing and snowboarding in "Cross" races, Terrain Park Slopestyle event participation as well as All-Mountain freeride skills. The enthusiastic athlete that would like to compete within the region will be prepared and supported at arenas such as local USASA competitions, Regional Competitions, and USASA National Championship events. One day program athletes will typically compete closer to home at Schweitzer Slopestyle and Ski/Board Cross races.

**SARS Program & Skiing Goals** – SARS is (and is committed to being) the premier competitive ski program at Schweitzer Mountain, and in the Inland Northwest. While the overriding goal and philosophy for the YSL aged athlete is to have fun while improving as a skier and ski racer, the SARS Junior athlete is transitioning to a more ski racing specific program. These older aged athletes will still ski the entire mountain, but will also spend a little more time in gates and drills than the YSL athlete. The FIS level skier will have different needs as they continue to specialize in their sport, but will still get out and free-ski when appropriate.

The literature available from USSA states that most competitive skiers should continue to spend up to half their time free-skiing on the entire mountain. At Schweitzer, we have the benefit of a great mountain with quality snow and terrain. The ability to ski many conditions and types of terrain translates to success in the race course and

competition venue, and a great all-around skier will typically have success in races and competitions. The SARS coaches will try to maximize the quality and quantity of training while retaining a focus on improving overall ski technique.

**Training Goals** – Every aged athlete will dedicate a developmentally appropriate amount of time in race simulation gate training. For the youngest athletes this is a small percentage of their ski day. For the older athletes, the percentage increases. SARS attempts to follow the guidelines set forth by USSA and the US Ski Team in their Alpine Training System: (<http://ussa.org/alpine-programs/athletes/development/alpine-training-system>) when designing the SARS programs.

With the inconsistent nature of winter weather, there is a necessity for flexibility in the training schedule and a measure of adaptability required of the athletes. Because of snow conditions there will be days and weekends where training gates is counter-productive. When the snow is too soft for effective training, the coaches will try to find terrain and skiing situations that can closely replicate the demands and turns required in a race course. Conversely, there may also be blocks of time during which the athletes will spend more time in the gates than is typically recommended. If the weather is conducive to great gate training, SARS skiers may have shorter days dedicated to gate training and video.

**Training Schedule and Changes to the Schedule** – The SARS staff will do their best to keep families up to date on the training plan. The primary source of information will be the website, [www.sars.net](http://www.sars.net). The Training Schedule will be updated for every user group at the beginning of each week. Unless otherwise directed by SARS coaches, every athlete should come to the space between the Old Mill Building and the Chimney Rock Cafe at 8:40 each morning of training prepared to train gates or free-ski in the scheduled discipline. The groups will leave at the ringing of the morning bell. If it has been snowing, any gate training will be done in the time after lunch so athletes should arrive prepared to free-ski, but with their race equipment available as well. In some cases the published schedule will change during the week. The coaching staff will try to update the website as schedules and plans change.

**Athlete and Parent Responsibilities** – It is important to remember that we are dedicating a lot of time and energy to ski racing. By taking care of ourselves we give ourselves the best chance for success. Adequate food, water and rest are essential to athletic achievement. Please make sure to be well-rested and fully fueled for each training day.

**Clothing & Equipment** – Skiing is an outdoor winter sport. It is important that athletes be dressed appropriately for the weather. Some athletes might find it convenient to bring a daypack including additional clothing to the lodge in the morning. Extra layers are easy to remove and it is better to be too warm rather than too cold.

Skis and Boots are the ski racers “tools of the trade”. Over the past few years, twin tips and “rockered” or “early-rise” skis have become very popular in the ski industry. The SARS coaches have noticed that some of these skis, especially when center-mounted, do not promote the skiing techniques and movements we are coaching for the athletes. We ask that our athletes are skiing on traditional camber and traditionally mounted skis. The best skis for free-skiing and developing all mountain confidence and race success in the long run are GS skis.

It is important for athletes to take care of their equipment regularly. At the YSL age, drying the skis at the end of the day and inspecting the skis for damage is a good place to start. Regularly tuning and waxing the skis is

important to extending the life and maximizing the performance of the ski. Younger athletes will need help in this project. The local ski shop will do adequate work, but it is never too early to start creating a ski tuning kit for your athlete. The beginning basics include a waxing iron, plastic scraper, and a diamond stone. Ski tuning workshops are a possibility throughout the season, and the coaches are a great source of information regarding how to keep those skis in race shape.

Junior athletes can be trusted to be responsible for the care of their equipment. As racers mature and begin to travel with the team, it is important for these older racers to be able to care for their skis and equipment. As always, coaches are available to assist, but the main responsibility lies with the athlete.

In addition, Junior Team Alpine Racing Athletes are expected to:

- Train in race suits
- Always wear a helmet
- Wear a mouth protector for slalom
- Wear a back protector for Super G and DH

**Timeliness** – It is important for every athlete to arrive on time for training, races and other team functions. On a training day, the coaches plan to leave in the morning with the ringing of the bell (typically 8:45am). The Lunch break will normally be one hour starting at 11:30am. Coaches will communicate the starting time for afternoon skiing to the athletes before dismissing for lunch. There will be times when a group is asked to take a shorter lunch. It is important that the SARS athlete is prepared for a long training session on the hill with less time for lunch by bringing snacks and water to the training venue.

**Code of Conduct** – The attitude and actions of athletes help to determine their level of success. In accordance with this premise and the expectations of USSA, SARS athletes will agree to abide by a Code of Conduct. In its simplest form, the Code of Conduct states that athletes will abide by SARS, Schweitzer and other ski area rules and act in a sportsmanlike and respectful manner. Violations of this Code are subject to sanction by SARS coaches and/or Board of Directors.

As a member of the Schweitzer Alpine Racing School (SARS), I understand that participation in SARS training, racing and events is a privilege that requires me to abide by certain behavioral expectations and rules of conduct.

First and foremost, I understand that my attitude and actions help to determine my level of success.

- I will arrive on time and prepared mentally and physically for every SARS team function.
- I will wear my SARS Team Jacket if provided (U14 and older, U12 Elite and Comp, and Freeride members).
- I pledge to give my best effort with a positive and determined attitude.
- I will bring appropriate equipment and clothing for every team function and activity.

In line with SARS expectations, I will conduct myself in a sportsmanlike manner and am responsible for my actions while training, going to and from competitions, at the ski areas or other venues hosting competitions and/or training, and during fundraising and other non-skiing club functions.

I will also treat myself and others, including; teammates, fellow competitors, competition officials, ski area employees, ski patrol personnel and, skiing and snowboarding public, with respect and courtesy.

- I will show good manners, mature conduct, and appropriate behavior.
- I will respect ski area rules, privileges and operating procedures, including respect for closed areas.
- I will refrain from using profane and abusive language.

- I will abstain from the illegal possession or use of alcohol, drugs, and/or tobacco.

In addition, I will respect and abide by project specific rules set by coaches while traveling with SARS, PNSA, Western Region, US Ski Team or any other entity.

I understand that all of these agreements are in accordance with the United States Ski & Snowboard Association (USSA) Code of Conduct (<http://ussa.org/ussa/ussa-code-conduct>).

I understand that violation of SARS rules and expectations set forth here or by SARS staff and volunteers can result in disciplinary action. The normal course of action is to provide/receive a verbal warning, followed with a written warning for subsequent violations. The written warning may detail sanctions for future violations. These sanctions can include suspensions and/or expulsions with no refund of fees. Illegal drug use, including alcohol use by underage athletes or athletes participating in SARS functions can result in immediate suspension or expulsion.

**Injured Athletes** – In the event of an injury at a SARS related training session, race or team function, the SARS staff will assist with the completion of related ski area paperwork as well as submit required SARS Incident Report. (See below, page 12, for concussion related injuries)

**Goal-setting and Journaling** – As racers get older, realistic goal-setting becomes more and more important and valuable for the racer. As important to some racers as goal-setting is journaling and recording their training and racing experiences. It is always helpful for an athlete to look back on “what worked” as well as “what didn’t work” when trying to replicate past successes.

SARS coaches are excited to help athletes with the goal-setting and journaling processes. A goal-setting worksheet is available for athletes wanting some structure to begin this process. Feel free to contact any of the SARS coaches for a copy of the worksheet or to ask about journaling guidelines.

**Athlete Assessment** – SARS programs will attempt to make incorporating the Skills Quest drills (see next section for Skills Quest) and assessing the skiers in the drills, a priority in the training environment. The ideal situation will see these basic “Skill Drills” occurring for a short interval within the free-skiing setting and by mid-season the coaches will be able to watch the athletes and give ratings quickly and effectively. The Skills Quest will be a component of regular athlete evaluations by the coaches. A sample athlete evaluation is included in the last pages of the Handbook.

**Skills Quest** – Starting with the 2011-2012 season, USSA and the US Ski Team began promoting the “Skills Quest”. Skills Quest consists of a battery of skiing drills, with each drill designed to assess a few fundamental skiing skills. One example is using a series of hop turns while looking for upper/lower body separation, pole plants, quiet upper body, edge control, body awareness, balance, and agility in the athlete. Beginning in the spring of 2011, the US Development team used a battery of these tests and the test results along with results from time trials to select the US D-Team for the upcoming season. With this in mind, many divisional, regional and national competitions will have a Skills Quest component included in the event. At younger ages the scores may not count, but as athletes progress, National Team and other invite-only projects may use these scores as a criteria. As stated, SARS will continue to incorporate these drills into the regular training environment to further prepare the athletes.

**Ski Racing for the SARS Athlete** – SARS Alpine Programs are based on improving ski racing skills for the athlete with the goal of competing in appropriate races in mind. Every SARS program has an implied level of race participation included.

**Home Series Races for STARS & YSL Development (1 Day) Athletes** – For these two user groups, SARS has the Home Series races. The Home Series is three different races throughout the season contested among members of SARS at no extra charge to the athletes. The coaches and parents make these races happen in a low-key and fun race environment. Home Series Races are typically held on Loophole Loop at 10am and consist of two race runs in one course. The athletes will participate in this race as part of their daily training and will line up at the start in their groups. Awards are given at the end of the day for all competitors within their age groups based on combined times of the two runs. **These races do not require USSA membership.**

**USSA Licensure** – The United States Ski and Snowboard Association (USSA) is the governing body for ski racing in the United States. Almost all of the races that SARS athletes participate in outside of a SARS Home Series Race will be sanctioned by USSA. To compete in these races, the athlete must be a current member of USSA and hold the appropriate USSA License. **Again, Home Series Races do not require USSA membership.**

The USSA licensing process was simplified in the summer of 2015. SARS athletes purchasing a license must simply buy the license for their age group. Renewing members will find the process even simpler, as USSA remembers the athlete's details from previous registrations. Athletes racing in FIS races will also need a FIS Alpine Competitors License.

To register with USSA, visit the USSA registration (<http://my.ussa.org/membership/start>).

**YSL COMP (2&3 Day) Athletes** – These athletes are part of a program that typically includes traveling to other ski areas in the Inland Northwest to compete in the EEYSL racing league. In addition to the three Home Series races, most of the COMP team athletes compete in some or all of these 5 “away” races. Athletes participating at these EEYSL races must be members of USSA and will be required to pay an entry fee along with lift ticket costs for the race. These costs are not included in SARS tuition. Athletes also pay an additional \$12 per day of competition to SARS to cover associated travel costs for the coaching staff at the race.

**SARS U14 Athletes** – The SARS U14 race schedule is a mix of PNSA Divisional and Zonal Evergreen Cup Races, Buddy Werner Championships, and, upon qualification, Western Region U14 Championships. The SARS U14 staff will discuss the season schedule with the SARS U14 families near the beginning of the season with the understanding that alterations may be made in the interest of athlete management. SARS U14 athletes should communicate with their coaches to create a race plan for the season.

Each U14 race, or project, will be arranged in advance and the participating families will be given a trip cost estimate as outlined below. Most SARS U14 races will have an option to travel with the SARS team to the race. U14 Western Region Championships is run as a PNSA project and all trip planning will go through the PNSA office.

All U14 athletes choosing to race will need a USSA License.



The U14 team will participate in Zonal Evergreen Cup races for Buddy Werner Championship seeding purposes and U14 Regional Championship Qualification. There will be two weekends of Zonal Evergreen Cup racing in the 2016-17 competition season.

Western Region U14 Championship will again be held, this season at Alpine Meadows in California. Qualification for this PNSA team event will be through Zonal Evergreen Cup races. 3 or 4 athletes of each gender from the entire Eastern Zone of PNSA (EEYSL) U14 population will qualify for this unique event from the races at 49 Degrees North and Mt Spokane. Details regarding the process and event will be available from the SARS staff further into the season.

A select few Divisional Evergreen Cup races may be targeted by the SARS coaching staff as an opportunity for U14 racers to race against older competition from the entire division. None of these races will be used for Buddy Werner Seeding or U14 Western Region Championship qualification purposes in the 2016-17 Competition season.

At the end of the season the SARS staff will encourage all of the U14 athletes to participate at the Buddy Werner Championships at Mission Ridge. The PNSA Buddy Werner Championships races will be a SuperG, GS, and SL. Every U14 in PNSA is eligible for the event and each team will still be responsible for seeding their athletes. See below for the SARS Buddy Werner Championship seeding policy.

**Buddy Werner Seeding** – All SARS U14 athletes are encouraged to participate in the Buddy Werner Championships. Unique to this race is how athlete start position is determined. Every team submits to the race organizers a list of their athlete’s rankings in each event for the first seven in each gender. Any spots after seven are in a randomly drawn “eighth seed.” SARS will use the Zonal Evergreen Cup race weekends as well as a home hill “shootout” to determine the seeding for Buddy Werner Championships.

- There will be three races in each event to determine the seeding.
- SARS will keep the best 2 of 3 results in each event with the third (or fourth) result serving as a tie breaker.
- Combined Results of both runs in the EEYSL races plus a special shootout format will be used to determine standings in the seeding process.
- Only SARS U14 athletes will be considered in these rankings (all non-SARS members and non U-14 SARS athletes will be purged). Example – The first SARS U14 athlete placed third overall but will be given a “1” which is the maximum point value for seeding purposes.
- 2 SuperG and 1 GS from 49 North, and 2 SL and 1 GS races at Mt Spokane will be used.
- One each GS and SL shootout, where the best 2 of 3 runs will be combined for the placing in that seeding race.
- The racer’s final standing will be recorded. The skier with the lowest total will be the first seed, second lowest will be second, through the seventh seed.
- At the Program Director’s discretion, athlete seeding may be adjusted due to circumstances such as illness, injury or non-compliance with the SARS Code of Conduct.

**SARS U16 Athletes** – The SARS U16 race schedule is a mix of PNSA Northwest Cup Races, Evergreen Cup Races and, upon qualification, Western Region U16 Championships. The SARS U16 staff will discuss the season schedule with the SARS U16 families near the beginning of the season with the understanding that alterations may be made

in the interest of athlete management. SARS U16 athletes should communicate with their coaches to create a race plan for the season.

Each U16 race, or project, will be arranged in advance and the participating families will be given a trip cost estimate as outlined above. U16 Western Region Championships is run as a PNSA project and all trip planning will go through the PNSA office.

**SARS FIS Team** – The schedule for FIS level athletes is a collaborative effort between the coach, Program Director and athletes. The FIS athlete will have regular communication with the staff in order to target the most appropriate races in which to compete.

**Travel policies, procedures and costs** – It is a goal of the SARS program to provide the highest level of coaching at each of the events we choose to attend. The general SARS program fees do not cover the costs of our coaches to travel to races. It is the responsibility of the participating athletes to cover these extra costs. At EEYSL events the SARS staff charges \$12 per day per SARS competitor. At Junior level events, including the Buddy Werner Championships, athletes are responsible for their own entry fee, lift ticket money, and food money. Entry fees are often paid with your registration. It is very important that athletes traveling have enough money and are able to budget it. In some cases breakfast is provided by the hotel or in other cases meal plans are provided. This information along with an estimated trip cost will be communicated to the participating families at least two weeks prior to the competition. Upon return, SARS will invoice the actual trip costs to individual families.

**Travel fees may include:**

- Lodging – all athletes that choose to travel with the team pay an equal share of the lodging costs
- Coach Lodging – all participants on the trip pay an equal share of coach lodging
- Coach per diem – all participants on the trip pay an equal share of the coaches per diem. The SARS per diem is not to exceed \$35 per day per traveling coach
- Van fee - \$20 per day to and from event and \$15 per day during duration of event.
- Van fuel – split
- Wax overlay - \$5 per application
- In some cases the following may also be included: Entry fees, lift tickets, team dinner, meal plan

**Volunteering** – SARS continues to be a successful winter sports school because of the efforts of its many members and friends. As a non-profit organization, SARS relies heavily on the volunteer efforts of the members as well as the board of directors. Members pay tuition to help cover the operating costs of the program, but tuition doesn't cover all the costs. The high quality races SARS hosts every year help raise money for the club while raising awareness of our accomplishments. Please refer to the SARS website volunteer page to see the latest volunteer agreement and policy and to look for information about opportunities to help produce high quality races as a SARS volunteer.

**Athlete Assessments**

SARS will provide at least two athlete assessments per season. Below is an example of a form used. Feel free to contact your Program Head Coach or athlete coach for clarification or with questions.

<b>Athlete Name:</b> _____	<b>Date:</b> _____
<b>Coaches:</b> _____	
<b>Participated in which SARS YSL Program:</b>	<b>DEVO      COMP      ELITE</b>
<p><b>The SARS assessment</b> is a subjective evaluation based on age and commitment level for alpine racing.  <b>Scoring:</b> 1 being great, 3 being average, 5 needing work</p>	
	<u>Score</u>
<b><u>Skill Development</u></b>	<b>Comments on skill development:</b>
Balanced athletic stance	<input type="text"/>
Ankle flexion	<input type="text"/>
Parallel legs	<input type="text"/>
Lead change	<input type="text"/>
Hip position - fore/aft	<input type="text"/>
Hip position - lateral	<input type="text"/>
Shoulders/upper body	<input type="text"/>
Hands/pole planting	<input type="text"/>
Rotational skills	<input type="text"/>
Movement patterns	<input type="text"/>
	<u>Score</u>
<b><u>Personal Development</u></b>	<b>Comments on personal development:</b>
Training attendance	<input type="text"/>
Attitude	<input type="text"/>
Work ethic	<input type="text"/>
Ability to focus	<input type="text"/>
Nutrition	<input type="text"/>
Time management	<input type="text"/>
Physical conditioning	<input type="text"/>
Equipment/equipment maint.	<input type="text"/>
<b>Additional comments:</b>	

## **Schweitzer Alpine Racing School Policy on Concussion**

The Schweitzer Alpine Racing School (SARS) values the health and welfare of our athletes. As such, we believe any athlete sustaining an injury resulting in symptoms consistent with concussion be identified, removed from training or competition, and receive proper evaluation and care. It is our responsibilities as a club, coach, official or parent to ensure these injuries are managed carefully and that the athlete's returns to sport occur after a qualified health care provider's examination granting clearance.

**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.

**Definition of Concussion** - Any direct or indirect forces or blow applied to the head/brain, which results in symptoms of concussion. Loss of consciousness is not required.

### **Symptoms which may be observed by Coaches, Officials or Parents might include:**

- Appears dazed or stunned
- Confused about events or activities
- Moves clumsily
- Answers questions slowly
- Behavior or personality changes

### **Symptoms which may be reported by the Athlete might include:**

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slow
- Feeling "foggy"
- Change in sleep pattern
- Concentration or memory problems

**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. SARS recommends that athletes, parents and coaches review the Center for Disease Control's resources on concussion awareness: (<http://www.cdc.gov/headsup/youthsports/training/index.html>).

SARS will provide its coaches, athletes, and parents access to appropriate guidelines and information that identify the signs and symptoms of a concussion and head injury and describe the nature and risk of concussion and head injury in accordance with the United States Ski and Snowboard Association (USSA).

All 2-day and greater athletes that are 10 years of age and older will be required to establish an ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) baseline test. All 1-day athletes 10 years of age and older are encouraged to establish an ImPACT baseline.

The ImPACT test can help give objective evidence for recovery from a concussion post-injury. This test can be administered through the club or locally at either no or minimal cost to the athlete depending on USSA membership status. A list of local resources for concussion care of SARS athletes can be obtained from the Program Director or from the SARS website. Many pediatricians and family physicians may also meet the requirements set forth under law for evaluation and clearance.

**Concussion Action Plan** - Any SARS athlete under the age of 18 years suspected of having sustained a concussion/traumatic brain injury must be removed immediately from participation in training, practice, camps, or competitions, by the athlete's coach overseeing such sporting event.

If necessary, Ski Patrol should be summoned for evaluation and evacuation.

The athlete's parent or guardian will be notified of a possible injury.

If the athlete is an alpine athlete, the athlete's coach will report a possible concussion to the Program Director who will then ensure a membership hold to USSA for any minor sustaining a possible concussion that is a USSA member. This will include submitting an American Specialty First Report of Accident Form. The USSA Concussion Parent/Guardian Information Letter will be given to the Parent/Guardian and the Concussion Medical Evaluation Form will be required to be signed by a licensed and experienced provider in order to return to sport and have the athlete removed from the membership hold.

Both freeride and alpine athletes will be prohibited from further participation until evaluated and cleared in writing to resume participation in SARS training or competitions by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to SARS 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.

**Parents** – If you notice any symptoms, please notify your coach and remove your child from sport. Seek appropriate evaluation. Please help us be proactive in making your child's experience fun and as safe as possible.

Answers to questions on the USSA Concussion Policy may be obtained from USSA: (<http://ussa.org/alpine-programs/athletes/rules/concussion-policy/concussion-faq>). If you have questions on the SARS Concussion Policy or Action Plan, they should be directed to the Program Director.