

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 (United States Ski and Snowboard).

SARS U14 and older athletes are encouraged to establish an ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) baseline test.

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 United States Ski and Snowboard membership status. 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 United States Ski and Snowboard for any minor sustaining a possible concussion that is a United States Ski and Snowboard member. This will include submitting an American Specialty First Report of Accident Form. The United States Ski and Snowboard 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.

SARS 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 United States Ski and Snowboard Concussion Policy may be obtained from United States Ski and Snowboard: (<http://United States Ski and Snowboard.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.