

ASC ATHLETE INJURY AND CONCUSSION POLICY

Injuries are an inherent risk with the sport of ski racing and its related training activities. An injury can occur during on-snow training and during dry-land training activities. Injuries to athletes may also occur outside of regular training activities. All types of injury are covered on this policy.

Our primary concern is the health and well-being of all our athletes. We've designed this policy to implement reasonable measures to ensure athletes receive necessary medical attention for any possible injuries and to protect them from further injury. Each parent must sign an acknowledgement that they fully understand the information contained in the ASC Injury And Concussion Policy.

If my child has suffered an injury, when can my child return to training?

If a coach suspects an athlete has suffered an injury while training:

- When an athlete is injured, parents will be notified as soon as practicable.
- Injury evaluations may be conducted by the coach and/or by a resort's ski patrol team. The evaluation may include a recommendation to parents to seek medical attention. In emergencies, the ski patrol may arrange for ambulatory treatment, or hospitalization.
- When an athlete is injured, the coach will determine whether the athlete can return to training/racing that day. The athlete may not return to snow or training the same day she/he suffers or is suspected of suffering a concussion
- If an athlete is injured while not attending training or club events, parents must notify the athlete's coach of the injury and potential rehabilitation requirements
- If an athlete has suffered an injury or been removed from training due to injury that athlete may not return to regular training activity without the parents signing the ASC Injured Athlete Return to Training Waiver stating that the athlete is ready to return for training.
- The athlete's coach has the final say at any point whether the athlete can train again or not. A coach's evaluation may take place before or during training. An athlete may be pulled from training or the event on a coach's discretion
- A range of injuries can affect an athlete's performance, and their ability to train. These include sprains, strains and broken bones, and more serious injury can occur to the head. This type of head injury is commonly referred to as a concussion.

What is a 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. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully

appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, ***seek medical attention for your child right away***. Close observation of your athlete should continue for several hours. Because the risk for a second concussion is greatest within ***10 days*** of the first concussion, it's very important to make sure the player is completely recovered before he or she returns to play.

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 ASC 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

ASC Injury Return to Training Form

The Alyeska Ski Club **prefers** that an athlete who is suspected of having suffered an injury or concussion be evaluated by a licensed medical physician. The athlete cannot return to play until the recommended rest/recovery period has occurred, and the parents sign the return to play waiver.

Any Alyeska Ski Club (ASC) athlete suspected of having sustained a concussion/ traumatic brain injury will be removed immediately from participation in ASC sporting events (e.g. training, practice, camps, competitions or club activities), by the ASC member coach overseeing such sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in ASC 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 ASC 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 ASC 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 ASC (and USSA Competition Services for USSA competition athletes) in order to be permitted to participate in any ASC training programs and competitions that the ASC teams (Juniors, Freeskiing, Mighty Mites, Juniors, Masters) participate in.

In addition, we recommend that ASC Juniors and Freeskiing athletes participate in a computerized concussion assessment program. These testing methods are developed by medical

professionals to help evaluate post-concussion injury and track recovery for return to participation.

By his/her signature below, THE ATHLETE/PARENT CERTIFIES THAT HE/SHE HAS READ AND UNDERSTANDS THIS AGREEMENT REGARDING the ATHLETE INJURY AND 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.