

Alberta Alpine Ski Association

Concussion Policy Acknowledgement Form for Members

Any Alberta Alpine Ski Association (AASA) athlete suspected of having sustained a Sport Related Concussion (SRC)/ traumatic brain injury (TBI) will be removed immediately from participation in AASA sporting event (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or AASA member coach overseeing such sporting event. The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in AASA sporting events by a Physician or a qualified health care provider trained in the evaluation and management of concussive head injuries. The case of a qualified health care professional must certify to AASA in the clearance letter that he/she has successfully completed a continuing education course in the evaluation and management of concussive head injuries.

Upon removal of an athlete from participation for a suspected SRC, the AASA TD or member coach making the removal must inform AASA Member Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to AASA Member Services to be permitted to participate in AASA sporting events.

About Sport Related Concussion

Sport related concussion is a traumatic brain injury induced by biomechanical forces. Several common features that may be utilised in clinically defining the nature of a concussive head injury include:

- SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
- SRC typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a number of minutes to hours.
- SRC may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
- SRC results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.

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.

For more information regarding the AASA concussion policy and/ or recommendations to clubs, resources, and education members should consult the AASA 3.6 Concussion Policy found at:

<http://albertaalpine.ca/community-member-resources/alberta-alpine-policies/>

SIGNATURE OF ATHLETE MEMBER

By his/her signature below, **THE ATHLETE MEMBER CERTIFIES THAT HE/SHE HAS READ AND UNDERSTOOD THIS AGREEMENT**, and agrees in full with its terms, intend that it be binding on Member, his/her heirs, executors, administrators and assigns, and that it remain in full force and effect for as long as Member participates in AASA training, competition and related programs and activities.

ATHLETE MEMBER

Signature: _____ Date of Birth: _____

Printed Name: _____ Date Signed: _____

SIGNATURE OF PARENT / GUARDIAN REQUIRED BELOW FOR MINOR MEMBERS

As the parent or guardian of the minor Member named above, I hereby make and enter into each and every agreement, representation, waiver and release described above on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns.

PARENT/ GUARDIAN OF MINOR

Signature: _____

Printed Name: _____ Date Signed: _____