



HEAD INJURY INFORMATION

Dear Parents and Racers,

TAS Racers and parents must read the information below carefully, then sign **before any team activities or practices begin.**

Concussion Information for Racers and Parents

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** Even a “ding” or a bump on the head 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 signs yourself, seek medical attention immediately.

Symptoms may include one or more of the following:

- Headaches
- “Pressure in the head”
- Nausea/vomiting
- Neck Pain
- Balance problems or dizziness
- Blurred, double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional

- Confusion
- Concentration or memory problems
- Repeating the same question or comment

Signs observed by teammates, coaches, officials, parents:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets instructions
- Is unsure of training, course, schedule.
- Moves or skis clumsily or lacks coordination
- Answers questions slowly
- Slurred speech
- Shows behavioral/personality change
- Can't recall events prior to being hit
- Can't recall events after being hit
- Seizure, convulsions, or vomiting
- Loses consciousness

Seek immediate medical attention if any symptoms present, a combination of symptoms could indicate a more severe injury.

What can happen if my athlete keeps on competing with a concussion or returns to ski activities too soon?

Athletes with the signs and symptoms of concussion should be removed from the physical activity involved immediately. Continuing to ski or race with the signs and symptoms of a concussion leaves the young person especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the student suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescents or teenagers will often under-report symptoms of injuries. As a result education of officials, coaches, parents and athletes is key for athlete safety.

If you suspect your athlete may have suffered a concussion:

1) Any athlete suspected of suffering a concussion should be removed from the competition, practice, or other physical activity immediately. Close observation of the athlete should continue for several hours.

2) No athlete may return to ski, training or physical activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance from a licensed health care provider trained in the evaluation and management of concussion.

Parents should also inform their athlete's coaches, officials, or other team supervisors if they believe their athlete has suffered a concussion. For current and up-to-date information on concussions, go to <http://www.cdc.gov/ConcussionInYouthSports/>

TAS Concussion Policy

Any Team Alpentel Snoqualmie (TAS) athlete suspected of having sustained a concussion/traumatic brain injury must be immediately removed from participation in any TAS sporting events (e.g. sanctioned training, practice, camps, competitions or tryouts), by a coach, parent, or official overseeing such sporting event. The athlete will be prohibited from further participation until evaluated and cleared *in writing* to resume participation in TAS sporting events by a medical doctor, or a qualified health care provider trained in the evaluation and management of concussive head injuries. The medical doctor or healthcare professional must certify 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 coach, parents or official making the removal must inform athlete's parents. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to the TAS Program Director (Chris Loewy) in order to be permitted to participate in TAS sporting events.

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.

TAS recommends that all members review the Center for [Disease Control's resources on concussion awareness](#).

Action Plan

- Remove the athlete from activity – training or competition, when suspected of having sustained a concussion or TBI.
- Inform the athletes' parents/guardian.
- Allow the athlete to return to sport when cleared by a medical doctor or qualified medical provider trained in concussion management.

TAS Administrative Role

- TAS has created an online registration process to inform and capture necessary electronic signatures. <https://waiver.smartwaiver.com/w/5de96b9c6a9fb/web/>
- TAS will receive notifications from coaches/officials/parents of suspected concussions.
- TAS will place athletes with suspected concussions on medical hold from all physical activities.
- TAS will remove the medical hold only after athlete is cleared by a qualified medical provider and proper documentation has been supplied.

TAS Concussion Policy Summary

- Adopted a concussion policy.
- Informed Parents/Guardians of the policy.
- Obtained Parent/Guardian's signature on the policy.
- Required removal of the athlete suspected of having sustained a concussion.
- Prohibited suspected athlete from participating in all TAS activities until cleared by a medical doctor or qualified medical provider trained in concussion management.

TAS Athlete and Parent Agreement

I/we agree that _____ (athlete name) and

_____ (Parent/Guardian) have read and understood the TAS Concussion Policy, this document, and/or webpage and agree(s) to abide by those policies, rules, and guidelines.

Dated this _____ day of _____, 20____.

Athlete Parent/Guardian