



Approved By: AASA Management

Effective Date: July 2016

Updated July 2016

## Alberta Alpine Ski Association

### AASA Concussion Medical Evaluation Form

To be completed by a licensed health care provider who is trained in the evaluation and management of a concussion and who has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion.

This athlete is being referred for evaluation after sustaining a suspected concussion. This athlete is prohibited from participating in skiing and / or training, competition, camps and practice until evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion. Please evaluate the athlete's readiness to return to sport based on the description as listed below. The athlete is required to return this completed form to the AASA Member Services before being allowed to resume participation in USSA training, competitions, camps and practice. The completed form should be submitted to AASA Member Services by email at: [memberservices@albertaalpine.ca](mailto:memberservices@albertaalpine.ca)

#### **ATHLETE INFO**

Athlete Name: \_\_\_\_\_

Date of Suspected Concussion: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_

#### **MEDICAL CLEARANCE**

As a qualified health care provider trained in the evaluation and management of a concussion, I certify that \_\_\_\_\_ (athlete) is cleared to resume participation in AASA training, competition, camps and practice.

\_\_\_\_\_  
Signature Phone Date

\_\_\_\_\_  
Name Printed Email

\_\_\_\_\_  
Clinic or Practice name and address

I understand that the athlete I am clearing may be involved in the following activities:

- Alpine Speed Skiing (DH/SG): Athlete skiing at speeds of over 100km for up to 2-3 minutes.
- Alpine Technical Skiing (SL/GS): Athlete skiing up to 45-55 turns on course in 40-75 seconds.
- Alpine Ski Cross (SX): Athlete skiing in close proximity to other skiers on man-made courses with jumps, banked turns, and high speeds for between 40- 75 seconds.
- Alpine Freeskiing: Athlete skiing several runs of up to 10 min per run in high altitude in open and variable environments including jumps, trees, moguls, terrain parks, and steep terrain