



Approved By: AASA Management

Effective Date: July 2016

Updated July 2016

## Alberta Alpine Ski Association

### Concussion Policy Registration Form for Members

Any Alberta Alpine Ski Association (AASA) athlete suspected of having sustained a concussion/ traumatic brain injury 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 qualified health care provider trained in the evaluation and management of concussive head injuries. The 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 concussion/traumatic brain injury, 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 in order to be permitted to participate in AASA sporting events.

#### 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.

#### 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: \_\_\_\_\_