



Approved By: AASA Management

Effective Date: July 2016

Updated Sept 2018

## 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. I have, within three years before the day on which this statement is made, successfully completed a continuing education course in the evaluation and management of a concussion.

\_\_\_\_\_  
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



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Dear Parent or Guardian,

Your athlete is suspected of having suffered a concussion either in training or in competition.

Because of that suspicion, and due to recent legislation, your athlete has been removed from training and competition and will be placed on medical hold with the Alberta Alpine Ski Association (AASA). This hold will prevent your athlete from training or competing in USSA sports.

What now?

On the reverse of this letter is a form that should 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. The form needs to be returned to *Member Services* at AASA before your athlete can be removed from medical hold and return to snow – contact information below.

Once the form is submitted to AASA, your athlete will be removed from medical hold as soon as possible, however please know that depending upon timing this may take up to 48 hours.

A listing of some trained medical professionals can be found here [www.impacttest.com](http://www.impacttest.com). While this list is not exhaustive, it is a starting point. You can also check with your primary care physician for a referral.

We understand that you are anxious to get your athlete back to training and competition and we will work to facilitate that return as soon as possible. However, we cannot allow that return to training and competition until the athlete is cleared.

For more information on concussions, please see the resources at the Canadian Center for Ethics in Sport and/or the Coaches Association of Canada.

Coaching Association of Canada: <http://www.coach.ca/concussion-awareness-s16361>

Canadian Centre for Ethics in Sport: <http://cces.ca/concussion-prevention>

If you have any questions, please let us know.

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