



Approved By: AASA Management

Effective Date: July 2016

Updated: December 2023

## Alberta Alpine Ski Association

### Policy Title

Concussion Policy & Recommendations

### Policy Objective

To ensure that athletes who suffer concussion are managed effectively to protect their long-term health and welfare.

#### 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.

### Policy

Any Alberta Alpine Ski Association (AASA) athlete suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in AASA sporting event (ie. sanctioned training, practice, camps, competitions or tryouts), by the AASA Technical Delegate (TD) or member coach overseeing such sporting event. The 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 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 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 Athletic Director in order to be permitted to participate in AASA sporting events.

### Procedure

1. AASA Membership Services has created a concussion registration form to be completed by all athletes/ families to both inform and capture necessary signatures. This form will be completed annually during the registration process.
2. Member Services will receive notifications from coaches/officials/clubs of athletes with suspected concussions. Notification can be sent to [memberservices@albertaalpine.ca](mailto:memberservices@albertaalpine.ca)
3. Member Services will place athletes suspected of sustaining a concussion on AASA membership hold.



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4. Member Services will remove an athlete from medical hold once they receive the AASA Concussion Medical Evaluation form signed 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.

## Recommendations to AASA Clubs

The AASA strongly encourages its member clubs to:

- Adopt a concussion policy that includes a Concussion Action Plan that includes:
  - 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 qualified medical provider trained in concussion management.
- Inform Parents/Guardians of the policy.
- Obtain Parent/Guardian's signature on the policy.
- Require removal of minor/ athlete suspected of having sustained a concussion.
- Prohibit minors from participating in all AASA activities until cleared by a qualified medical provider trained in concussion management
- Mandate all coaches to undergo concussion familiarization training prior to any active coaching on snow.
  - All coaches can access the NCCP Making Head Way Concussion eLearning series at no cost.
  - All coaches can access Center for Disease Control Concussion eLearning series at no cost at <https://www.cdc.gov/headsup/youthsports/coach.html>

## Resources

The AASA recommends that members review the following resources on concussion awareness:

Coaching Association of Canada: <https://coach.ca/sport-safety/concussion-awareness>

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

Canadian Concussion Collaborative: <http://casem-acmse.org/education/ccc/>

Center for Disease Control: [https://www.cdc.gov/headsup/basics/concussion\\_symptoms.html](https://www.cdc.gov/headsup/basics/concussion_symptoms.html)

International Ski Federation (FIS Medical Guide, Section 11, fis Concussion Guidelines): <https://www.fis-ski.com/en/international-ski-federation/news-multimedia/news/article=updated-concussion-guidelines-published>

## Scope

All members of the AASA and its member clubs including employees, athletes, coaches, parents, officials, and volunteers.

## Related Policies

Nil