



Approved By: AASA Management

Effective Date: July 2016

Updated: March 2026

## Alberta Alpine Ski Association

### Policy Title

Concussion Policy & Recommendations

### Policy Objective

To ensure that members (athletes, coaches, officials, on-hill employees, and volunteers) 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.

#### Signs and Symptoms

- Headache or pressure in the head
- Dizziness, balance problems, or nausea/vomiting
- Blurred or double vision
- Confusion. Memory loss, or feeling foggy
- Sensitivity to light or noise
- Irritability, sadness or nervousness
- Drowsiness or trouble sleeping
- Any change in behaviour or slower thinking

#### Risk of Continued Participation

As a concussion can affect brain function leading to headaches, loss of balance, vision impairment, memory loss and concentration issues, risk of additional injury is increased with continued participation. Further, 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 or traumatic brain injury must be removed immediately from participation in AASA sporting events (ie. sanctioned training (including dryland training), practice, camps, competitions or tryouts), by the AASA Technical Delegate (TD), member coach or first aid personnel overseeing such sporting event. The athlete will be prohibited from further participation in such events 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 or 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 and their member club coach or representative in order to be permitted to participate in AASA sporting events. All suspected and confirmed concussions must be



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recorded using the ACA Concussion Incident Report Form (or FIS equivalent) and submitted to AASA Member Services within 48 hours, with full medical evaluation and clearance documentation uploaded before membership hold is lifted. This ensure compliance with the Alpine Canada Concussion Safety Policy, and supports insurance claims under the ACA Sport Accident Program.

## 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.
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 or injured member from activity – training or competition, volunteering, coaching, officiating, when suspected of having sustained a concussion or traumatic brain injury.
  - Inform the athletes' or injured members' parents/guardian if injury occurred during member club activities.
  - Require parents to inform member club coaches or representatives if injury was sustained by athlete or injured member outside of member club activities.
  - Require athletes to report any concussion, regardless of where it occurred, and follow the same clearance process before returning to AASA activities.
  - Allow the athlete or injured member to return to sport or activity when cleared by a qualified medical provider trained in concussion management.
- Inform Parents/Guardians of the policy.
- Obtained Parent/Guardian's signature on the policy.
- Require removal of minor, athlete or injured member suspected of having sustained a concussion or traumatic brain injury from member club activities.
- Prohibit minors, athletes or injured members from participating in all AASA and member club 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 NCCP eLearning series at no cost at: [LINK](#)



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## Resources

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

[Coaching Association of Canada](#)

[International Ski Federation \(FIS Medical Guide, Section 11, FIS Concussion Guidelines\):](#)

## Scope

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

## Related Policies

Nil