

INJURY & CONCUSSION PROCEDURES

Appendix A: Athlete Injury Procedure

<u>For Parents</u>	<u>For Coaches</u>	<u>For Admin</u>
<p>Athlete taken to Ski Patrol if necessary</p> <p>Parents notified</p> <p>Injury report completed and shared electronically with parents.</p> <p>Medical or Parent release form sent</p> <p>Parents submit expense invoices to their insurance company</p> <p>Excess medical available through Club – request through Admin office</p> <p>Excess medical available for US Ski & Snowboard members involved in sanctioned events</p>	<p>Take athlete to Ski Patrol if necessary or remove athlete from training</p> <p>Notify parents</p> <p>Complete incident report (give to Admin office): gather & document as much information as possible. Get a copy of Ski Patrol report, if applicable.</p> <p>Notify Head Coach & Program Director</p> <p>Coach & Head Coach follow up with family as appropriate (see critical communications plan)</p> <p>Do not discuss or represent any fault or liability. See JHSC waiver, JHMR/SKMR pass language and Skier Safety Act</p>	<p>Receive incident report</p> <p>Scan report and send to Sport Insurance and Student Athlete Support Director</p> <p>SASD updates athlete injury log</p> <p>SASD & PDs ensure appropriate follow up & information has been provided to family</p> <p>Medical or Parent release form is received</p>

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Appendix B: Suspected Concussion Procedures

SAFETY AGENTS (SA's):

JHSC will have Safety Agents (primarily head coaches), established by the Club, who will be able to administer on site K-D post-injury screens, in case of an injury during practice or competition, where additional assistance is warranted. The Safety Agents will be coaches responsible for carrying out the agreed upon protocol.

PULL FROM PARTICIPATION:

The SA will help monitor and assess potential injuries during training or competition, and be available to administer the post-concussion screen, if possible. The SA will administer the King-Devick test so that a medical professional can compare against the athlete's baseline time, and potentially subsequent tests. A standard checklist of concussion signs/symptoms will also be performed to gather information for a medical professional to help establish whether the athlete has sustained a concussion. JHSC staff WILL NOT DETERMINE if a concussion has occurred, but will gather as much data as possible, as soon as possible, to help with ongoing diagnosis by medical professionals.

If at any time a post-concussion (or post-suspected concussion-test is administered) the athlete will be removed from participation, parents will be contacted, and the parents and medical professionals will determine the status of the injury. This is under the guidance of all training the JHSC staff has participated in which emphasizes - "When in doubt, sit them out." Coaches are REQUIRED to pull an athlete out of training or competition, if any concussion is suspected.

RETURN TO PARTICIPATION:

If an athlete has been pulled from training or competition, it is the responsibility of the parent/guardian to take that player to a medical professional experienced in concussions, for a full medical evaluation, before returning to sport. Parents/guardians should always bring preseason baseline test with the athlete so the score can be compared to a post-injury test, if available.

For any athlete, who has been diagnosed with a concussion by a trained medical professional, proof of medical clearance for full participation in sport is required for that athlete to return to training or competition. Bringing your child to a training or competition communicates to the athletes, coaches, and the safety agents that you, as their parent/guardian, feel that they are 100% ready for full participation in their sport.

Coaches have the discretion to remove athletes from training or competition, if there are any concussion concerns.