

## **CONCUSSION POLICY (revised 9/2018)**

The Jackson Hole Ski and Snowboard Club has worked with Watershed Jackson to develop a more consistent and “in-house” concussion management policy. One goal is to make this program more consistent with other community entities and partners.

JHSC requires all U14 athletes (YOB 2007 or before) and strongly recommends for all athletes to participate in an approved pre-concussion assessment prior to on-snow training each season. JHSC will administer the King-Devick test at set times, established by each team in the pre-season, to ensure accurate and timely pre-concussion screening. Find out more about the King-Devick system at: <https://kingdevicktest.com/>. Athletes and parents may participate in another optional pre-concussion screen, such as the ImPACT Test, and the Club may recommend both screenings in some cases. Find out more regarding the ImPACT Test at: <https://www.impacttestonline.com>. Parents must confirm the completion of a screening performed outside of the JHSC’s KD testing [here](#).

Any JHSC athlete suspected of having sustained a concussion/ traumatic brain injury will be removed immediately from participation in JHSC sporting event (e.g. training, practice, camps, competitions or club activities), by the JHSC member coach overseeing such sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in JHSC sporting events or club activities by a qualified healthcare provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to JHSC 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.

### **U.S. Ski & Snowboard Club Reporting**

Upon removal of an athlete from participation for a suspected concussion/traumatic brain injury, the JHSC member coach making the removal must also inform U.S. Ski & Snowboard Competition Services of any athletes competing in U.S. Ski & Snowboard sanctioned events. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to U.S. Ski & Snowboard Competition Services for U.S. Ski & Snowboard competition athletes.

### **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.

JHSC recommends that our members review the Center for Disease Control’s training and resources on concussion awareness at the following link:<http://www.cdc.gov/headsup/youthsports/training/index.html>