

**Altius Nordic Ski Club**  
**Concussion & Head Injury Policy**

Altius Nordic Ski Club has implemented the policy below, which requires adherence by all coaches, volunteers, parents, legal guardians, participants, and agents of Altius Nordic Ski Club.

**General Concussion Description**

A concussion is a brain injury, and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and even death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious.

Symptoms and signs of concussions (see traumatic head injury below) may show up right after the injury or can take hours or days to fully appear. If your athlete reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away. You cannot see a concussion and most sports concussions occur without loss of consciousness.

**Nature and Risk**

A concussion or a traumatic head injury; and continuing to participate in a sporting event after sustaining a concussion or a traumatic head injury can leave the athlete vulnerable to greater injury or death. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first. This can lead to prolonged recovery, or even severe brain swelling with devastating and even fatal consequences.

**Policy Requirements**

If Altius Nordic Ski Club, or Alberta Ski Jumping Nordic Combined (ASJNC) its agents, coaches, volunteers, parents or legal guardians suspects an athlete (a child who is under the age of 18) of sustaining a concussion or traumatic head injury while participating in a sporting event; the athlete shall be removed immediately. Upon removal of athlete suspected of sustaining concussion or a traumatic head injury, a written medical clearance from a qualified health care provider is required before the athlete can return to participate in any sporting event.

1) "**Qualified Health Care Provider**" means a health care provider who: (a) is licensed in the country in which the incident has occurred; (b) may evaluate and manage a concussion within the health care provider's scope of practice; and (c) within three years before the day on which the written statement is made, have successfully completed a continuing education course in the evaluation and management of a concussion.

2) "**Sporting event**" means any of the following athletic activities that is organized, operated, managed, or sponsored by Altius Nordic Ski Club, such as: a game, a practice, a clinic, a sports camp, an educational class, a competition, or a tryout.

3) "**Traumatic head injury**" means an injury to the head arising from blunt trauma, an acceleration force, or a deceleration force, with one of the following observed or self-reported conditions attributable to the injury: (a) transient confusion, disorientation, or impaired consciousness, (b) dysfunction of memory, (c) loss of consciousness, or (d) signs of other neurological or euro psychological dysfunction, including: (i) seizures, (ii) irritability, (iii) lethargy, (iv) vomiting, (v) headache, (vi) dizziness, or (vii) fatigue.

## Concussion Action Plan

What should a coach, parent and/or legal guardian do when a concussion is suspected?

1. Report the suspicion to the coach and High Performance Director:
  - a. Look for the symptoms and signs of a concussion (see traumatic head injury above)
  - b. When in doubt, remove the athlete from play
2. Ensure that the athlete is evaluated right away:
  - a. Do not try to judge the severity yourself, get assistance from a qualified Health Care Professional as soon as possible
3. Allow athlete to return to training and competing only with permission from a Qualified Health Care Provider:
  - a. Repeated concussion prior to recovery can increase the likelihood of further problems
4. All incidents should be recorded on the Altius Nordic Ski Club accident form
5. Both coach and parent should record the following:
  - a. the cause of the head injury and with what force
  - b. Any loss of consciousness and for how long
  - c. Any memory loss immediately after the injury
  - d. Any seizures immediately after the injury
  - e. Any other pertinent information you may think will help the Health Care Provider

## Acknowledgement

After reading Altius Nordic Ski Club's Concussion and Head Injury Policy and making such additional inquiries as I have deemed necessary, I understand what a concussion is, and I am informed on how to recognize the signs and symptoms and agree to abide by the policy. I understand if my athlete is suspected of having a concussion, he/she will be removed from the sporting event and will not be permitted to continue participating in any upcoming sporting events until a Qualified Health Care Professional preferably a member of the Canadian Performance Centre for Ski Jumping and Nordic Combined's IST Team has determined it to be safe. I will provide Altius Nordic Ski Club with a written statement by a qualified Health Care Professional acknowledging the athlete is cleared to resume participation. Within this statement the provider must acknowledge he/she has successfully completed a continuing education course in the evaluation and management of a concussion within three years before the day on which the written statement was made.

---

Signature of a adult athlete, parent or legal guardian of the athlete

---

Date

---

Print Name (adult athlete, parent or legal guardian)

---

Athlete's Name (Please Print)