

Sundown Junior Racing Association Concussion Policy

Sundown Junior Racing Association values the welfare of all our athletes. Concussion management of young skiers is an important issue. It is our responsibility as an association, team, athletes, officials, coaches, and parents to ensure that athletes suspected of sustaining a concussion are managed carefully, and that their return to ski practice and racing is cleared by a qualified health care provider.

All Sundown Junior Racing Association members and their parents in the case of minors are required to review and acknowledge the Sundown Junior Racing Association Concussion Policy which is captured below.

Sundown Junior Racing Association Concussion Policy

for Team Members and Parents

Any Sundown Junior Racing Association (SJRA) athlete suspected of having sustained a concussion/traumatic brain injury must be removed from participation in Sundown Junior Racing Association and Wisconsin Junior Alpine Ski Racing Association (WIJARA) events including all practices and races until written clearance is obtained from a medical professional. Parents/guardians please review this document with your athlete. Tracking of athlete eligibility will be done by the SJRA Board of Directors.

Signs of Concussion Reported by Students

Headache or “pressure in the head”

Nausea or vomiting

Balance problems or dizziness

Double or blurry vision

Sensitivity to light or noise

Feeling sluggish, hazy, foggy, or groggy

Concentration or memory problems

Confusion

Just not “feeling right” or is “feeling down”

(in addition) Signs Observed by Parents or Guardians

Appears dazed or stunned

Is confused

Forgets instruction

Moves clumsily

Answers questions slowly

Loses consciousness (even briefly)

Shows mood, behavior, or personality changes

Can't recall events prior to fall or hit

Can't recall events after hit or fall

Reporting

If you think you have a concussion:

Tell your coaches and parents-never ignore a bump or blow to the head even if you feel fine. Also tell your coach immediately if you think one of your teammates might have a concussion.

Get a medical check-up- A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to practice and races.

Give yourself time to heal-If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to practice and racing until you get the OK from your health care professional.

We have received the information on the Sundown Junior Racing Association Concussion Policy

Racers signature _____ Date _____

Parent/Guardian signature _____ Date _____

Racers **PRINTED** name _____ Date _____