

Flagstaff Nordic Coalition Concussion Policy for Ski Team, Clinic, and Other Event Participants

Concussion Policy

Any Flagstaff Nordic Coalition ski team, clinic, or other event participant suspected of having sustained a concussion/traumatic brain injury must be removed immediately from participation in a Flagstaff Nordic Coalition sporting event (e.g., coaching, training, or competitions), by the Flagstaff Nordic Coalition coach/administration overseeing such sporting event. The participant will be prohibited from further participation until evaluated and cleared in writing by a doctor to resume participation in Flagstaff Nordic Coalition sporting events by a qualified health care provider.

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.

Flagstaff Nordic Coalition recommends that participants review the Center for Disease Control's resources on concussion awareness at the following link:

<https://www.cdc.gov/headsup/index.html>

By my signature below, I acknowledge that as a Flagstaff Nordic Coalition ski team, clinic, or other event participant, I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the Flagstaff Nordic Coalition coach/administration. I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after a Flagstaff Nordic Coalition sporting event.

Printed Name

Date

Signature
