



USSA CONCUSSION MEDICAL EVALUATION FORM

To be completed by a licensed health care provider who is trained in the evaluation and management of a concussion and who has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion.

This athlete is being referred for evaluation after sustaining a suspected concussion. This athlete is prohibited from participating in skiing and/or snowboarding training, competition, camps and practice until evaluated by a qualified health care provider who is trained in the evaluation and management of a concussion. Please evaluate the athlete's readiness to return to sport based on the description of their particular sport listed below. The athlete is required to return this completed form to the USSA's Competition Services before being allowed to resume participation in USSA training, competitions, camps and practice. The completed form should be submitted to Jeff Weinman either by email jweinman@ussa.org or by fax 435.940.2770.

Athlete's name: _____ USSA ID _____

Date of suspected concussion _____ Date of evaluation _____

As a qualified health care provider trained in the evaluation and management of a concussion, I certify that _____ (athlete) is cleared to resume participation in USSA training, competition, camps and practice. I have, within three years before the day on which this statement is made, successfully completed a continuing education course in the evaluation and management of a concussion.

Signature of Provider Phone Date

Name Printed Email

Clinic or Practice name and address

Signature of Parent/Guardian Name Printed Date

- I understand that the athlete I am clearing may be involved in the following activities:
- o Alpine Speed Skiing (DH/SG): Athlete skiing at speeds of over 60 mph for up to 2-3 minutes.
 - o Alpine Technical Skiing (SL/GS): Athlete skiing up to 45-55 turns on course in 40-75 seconds.
 - o Freestyle Aerial: Jumping 40-50 feet in the air with multiple flips and twists.
 - o Freestyle Moguls: Skiing through mogul field with two turns per second and inverted and/or upright multiple jumps 12-15 feet in air.
 - o Snowboard and Skiing Halfpipe: Riding in a U-shaped ditch with walls 18-22 feet high performing a series of 4-8 tricks 12-15 feet above the lip of the pipe, landing on a steep incline.
 - o Snowboard Alpine: Multiple turns in a 40-80 second course at speeds of 20-40 mph
 - o Snowboardcross and Skicross: Multiple jumps, turns and terrain changes with multiple competitors on course at same time traveling at speeds upwards of 25 mph
 - o Snowboard and Skiing Slopestyle: A series of jumps that are anywhere from 40-120 feet, a series of rails and other terrain park features.
 - o Nordic Ski Jumping: Jumping for 90-130 meters off Nordic ski jumps.
 - o Nordic Cross Country: Skiing with multiple competitors on course with possibility of collision between athletes or with other objects.

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Dear Parent or Guardian,

Your athlete is suspected of having suffered a concussion either in training or in competition.

Because of that suspicion, and due to recent legislation, your athlete has been removed from training and competition and will be placed on medical hold with the United States Ski and Snowboard Association (USSA). This hold will prevent your athlete from training or competing in USSA sports.

What now?

On the reverse of this letter is a form that should be completed by a licensed health care provider who is trained in the evaluation and management of a concussion and who has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion. The form needs to be returned to me at USSA before your athlete can be removed from medical hold and return to snow – contact information below.

Once the form is submitted to USSA, your athlete will be removed from medical hold as soon as possible, however please know that depending upon timing this may take up to 48 hours.

A listing of some trained medical professionals can be found here www.impacttest.com. While this list is not exhaustive, it is a starting point. You can also check with your primary care physician for a referral.

We understand that you are anxious to get your athlete back to training and competition and we will work to facilitate that return as soon as possible. However, we cannot allow that return to training and competition until the athlete is cleared.

For more information on concussions, please see the resources at the U.S. government's Centers for Disease Control and Prevention www.cdc.gov/concussion/.

If you have any questions, please let me know.

Jeff Weinman
Director, Competition Services
United States Ski and Snowboard Association

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