



Anthony Lakes Ski Race Association Concussion Policy

This is a waiver of certain legal rights. Please read carefully. You must agree to its terms to complete the registration process.

Any Anthony Lakes Ski Race Association (ALSRA) athlete suspected of having sustained a concussion or traumatic brain injury must be removed immediately from participation in ALSRA or U.S. Ski & Snowboard sporting event (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or ALSRA or U.S. Ski & Snowboard member coach overseeing such sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in ALSRA or U.S. Ski & Snowboard sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to ALSRA or U.S. Ski & Snowboard 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.

Upon removal of an athlete from participation for a suspected concussion or traumatic brain injury, ALSRA or U.S. Ski & Snowboard TD or member coach making the removal must inform U.S. Ski & Snowboard Competition Services. 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 in order to be permitted to participate in U.S. Ski & Snowboard sporting events.

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.

ALSRA recommends that Members review the Center for Disease Control's resources on concussion awareness at the following link:

http://www.cdc.gov/concussion/HeadsUp/online_training.html

┌ * I HAVE CAREFULLY READ THE FOREGOING AND UNDERSTAND IT TO BE A LEGALLY BINDING
RELEASE AND INDEMNITY AGREEMENT AND AGREE TO ITS TERMS

Parent Release

As the parent or guardian of the minor child Member indicated above, I hereby make and enter into each and every agreement, representation, waiver and release described here on behalf of myself, the Member, and any other parent or guardian of the Member, intending that they be binding on me, the Member, and our respective heirs, executors, administrators and assigns. By entering my signature below I represent that I intend to give up my right, the right of the Member, and the right of any other parent or guardian to maintain any claim or suit against ALSRA or U.S. Ski & Snowboard arising out of the Member's participation in any Activities involving ALSRA in any way. I further agree to hold harmless, defend, and indemnify ALSRA of and from any claims from third parties arising from the minor child Members' participation in any activities affiliated with ALSRA.

┌ * I, _____ CERTIFY, THAT I AM THE PARENT OR GUARDIAN OF THE MEMBER NAMED
ABOVE.