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USSA Concussion Policy

All USSA members, and their parents in the case of minors, are required to review and acknowledge the USSA Concussion Policy which is captured below.

USSA Concussion Policy For Members

Any USSA athlete suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in USSA sporting event (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or USSA member coach overseeing such sporting event. The athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in USSA 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 USSA 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/traumatic brain injury, the USSA TD or member coach making the removal must inform USSA Competition Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to USSA Competition Services in order to be permitted to participate in USSA 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.

The USSA recommends that Members review the Center for Disease Control's resources on concussion awareness at http://www.cdc.gov/concussion/HeadsUp/online_training.html (http://www.cdc.gov/concussion/HeadsUp/online_training.html)

In summary and consistent with Utah House Bill 204 the USSA has:

- Adopted a concussion policy.
- Informed Parents/Guardians of the policy.
- Obtained Parent/Guardian's signature on the policy.
- Required removal of minor athlete suspected of having sustained a concussion.
- Prohibited minors from participating in all USSA activities until cleared by a qualified medical provider trained in concussion management.

Action Plan And USSA Administrative Role

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Concussion Action Plan

- Remove the athlete from activity – training or competition, when suspected of having sustained a concussion or TBI.
- Inform the athletes' parents/guardian.
- Allow the athlete to return to sport when cleared by a qualified medical provider trained in concussion management.

USSA Administrative Role

- USSA Membership has created an online registration process to inform and capture necessary electronic signatures.
- Competition Services will receive notifications from coaches/officials/clubs of suspected concussions.
- Competition Services will place athletes suspected of sustaining a concussion on USSA membership hold.
- Competition Services will remove an athlete from medical hold once they receive the USSA Concussion Medical Evaluation form signed 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.

Concussion Related Forms And Resources

Per USSA's Concussion Policy, any coach, official or club leader aware of a suspected concussion should report it to Jeff Weinman at the USSA. Include the athlete's name, USSA ID, date and place of suspected concussion and if you feel that a USSA Secondary Insurance Claim may be filed please attach a completed American Specialty First Report of Accident Form.

[List of Athletes on Membership Hold \(https://docs.google.com/spreadsheet/ccc?key=0As_lp40V65vLdFlwVV9kSVh1aEpMVGpSVlozQlpMQVE&usp=sharing\)](https://docs.google.com/spreadsheet/ccc?key=0As_lp40V65vLdFlwVV9kSVh1aEpMVGpSVlozQlpMQVE&usp=sharing) - this list is hosted as a Google Doc

[American Specialty First Report of Accident form \(http://www.amerspec.com/ussa_cov/pdf/firstreportaccident.pdf\)](http://www.amerspec.com/ussa_cov/pdf/firstreportaccident.pdf)

[American Specialty First Report of Accident online form \(http://www.amerspec.com/ussa_cov/\)](http://www.amerspec.com/ussa_cov/)

[USSA Concussion Evaluation Form and Parent/Guardian Information Letter \(http://alpine.uskiteam.com/sites/default/files/documents/athletics/compservices/2011-12/documents/USSA_concussion_evaluation.pdf\)](http://alpine.uskiteam.com/sites/default/files/documents/athletics/compservices/2011-12/documents/USSA_concussion_evaluation.pdf)

[USSA Concussion Policy Form \(http://alpine.uskiteam.com/sites/default/files/documents/membership/2011-12/documents/Concussion%20Policy.pdf\)](http://alpine.uskiteam.com/sites/default/files/documents/membership/2011-12/documents/Concussion%20Policy.pdf)

Additional Resources

USSA Concussion [Frequently Asked Questions \(http://ussa.org/alpine-programs/officials/rules/concussion-policy/concussion-faq\)](http://ussa.org/alpine-programs/officials/rules/concussion-policy/concussion-faq)

For Clubs, Coaches, Officials and Parents: USSA encourages all club programs, coaches and officials to utilize the following link as a minimum for concussion education. http://www.cdc.gov/concussion/HeadsUp/online_training.html
(http://www.cdc.gov/concussion/HeadsUp/online_training.html)

For Clubs: Think Head First provides a comprehensive program to deliver education, awareness and proper management when injury occurs. <http://thinkheadfirst.com/> (<http://thinkheadfirst.com/>)

For Parents and Clubs: Another great resource for concussion management at the club level is ImPACT. Check out the services they provide by visiting their website and locate a qualified medical provider trained in concussion management. <http://www.impacttest.com/> (<http://www.impacttest.com/>)

View these video clips on [Center of Excellence TV \(http://www.dartfish.tv/Presenter.aspx?CR=p1490c3377m643777#%21AQECAAEBAEBAQAAQEBQYKY29uY3Vzc2lvbqEBEXAxDkwyZmZNdztNiQzNzc3AAAA\)](http://www.dartfish.tv/Presenter.aspx?CR=p1490c3377m643777#%21AQECAAEBAEBAQAAQEBQYKY29uY3Vzc2lvbqEBEXAxDkwyZmZNdztNiQzNzc3AAAA) from an educational session hosted by the Utah Olympic Park; the clips include discussion from Melinda Roalstad from Think Heads First and provide some powerful information about concussions.

[Returning to the playing field after a concussion \(http://www.time.com/time/magazine/article/0,9171,1873131,00.html\)](http://www.time.com/time/magazine/article/0,9171,1873131,00.html) - from Time magazine, January 2009

(http://my.ussa.org)
Tools



(http://my.ussa.org)

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Need to renew your membership, get coaching tips or work on your technique? Want to check rankings or results? Find all that and more on your My USSA page.

(http://my.ussa.org)
Become a Member



(http://my.ussa.org)

Membership

Ready to become a member of USSA? Whether you're an athlete who wants to compete, a fan who wants to follow the action, or part of the support team, the USSA has a program for you.

(http://foundation.ussa.org/foundation)
Support the Team



(http://foundation.ussa.org/foundation)

Get Involved

The USSA's athletes get no government funding. Their success is dependent on passionate fans, like you! See how you can help athletes achieve their dreams.

(http://ussa.org/safesport)
SafeSport



(http://ussa.org/safesport)

Child Protection

Help raise awareness about misconduct in sport and promote open dialogue. Together we can build a game plan to make sport safe—for everyone.

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