



To: Race Officials

From: FIS Medical Committee

Re: Management of Concussion in FIS Disciplines

Recognizing the importance of concussion or injury to the brain and appropriate management particularly of the milder version of head injury, the FIS has adopted the recently updated International Concussion in Sport recommendations for management of concussion.

The FIS Event Organizer Medical Support Recommendations Booklet contains a thorough description of this position stand as well as support documents for coaches, medical personnel or event officials to be utilized in assisting all those involved with training/competition in the prevention, recognition and management of concussion.

Briefly, the process for management of concussion would involve these steps:

1. Recognize the signs and symptoms of concussion (see CDC wallet card for reference).
2. Remove the athlete from training/competition.
3. Assure athlete is evaluated by trained medical personnel with use of the SCAT (Sport Concussion Assessment Tool).
4. If there are any lingering symptoms – the athlete does NOT return to sport until completely symptom free at rest and activity and has been cleared by a medical person familiar with International Recommendations – reference can be made to FIS Event Organizer Guide or FIS Medical Guide as well as the published Position Stand of the International CIS group (Clinical Journal of Sport medicine 2005, 15(2):48-55).
5. Race Officials may request an independent evaluation with completion of SCAT and FIS Head Injury Evaluation Form prior to allowing athlete to return to training/competition at a FIS Sanctioned Event.

We hope these new guidelines and support materials assist all those involved with athletes in the FIS sports to properly manage a sometimes difficult to assess injury that is increasingly common in skiing and snowboarding to increase awareness and prevent catastrophic outcomes.

Thank you for your interest and attention to this topic of concern.

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United States Ski and Snowboard Association



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