



## CONCUSSION MEDICAL EVALUATION FORM

This form must 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 ("Provider"). The Provider should attach proof of the relevant certification to this form.

The athlete identified below requires medical evaluation and clearance after sustaining a suspected concussion. This athlete is prohibited from participating in skiing and/or snowboard training, competition, camps and practice until evaluated by a Provider. Please evaluate the athlete's readiness to return to sport based on the description of their sport listed below. The athlete is required to return this completed form before resuming training, competitions, camps, and practice. Submit the completed form to U.S. Ski & Snowboard | Jeff Weinman | [jeff.weinman@usskiandsnowboard.org](mailto:jeff.weinman@usskiandsnowboard.org) | fax 435.940.2770.

Athlete's name \_\_\_\_\_ National ID \_\_\_\_\_

Date of suspected concussion \_\_\_\_\_ Date of evaluation \_\_\_\_\_

Under penalty of perjury, as a qualified Provider, I certify that \_\_\_\_\_ (athlete) is cleared to resume participation in U.S. Ski & Snowboard training, competition, camps and practice. I certify that 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 \_\_\_\_\_ Date \_\_\_\_\_

Name Printed \_\_\_\_\_ Email \_\_\_\_\_

Clinic or Practice name, address, and phone \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

Name Printed \_\_\_\_\_ Date \_\_\_\_\_

I understand that the athlete I am clearing may be involved in the following activities:

- Alpine Speed Skiing (DH/SG): Athlete skiing at speeds of over 60 mph for up to 2-3 minutes.
- Alpine Technical Skiing (SL/GS): Athlete skiing up to 45-55 turns on course in 40-75 seconds.
- Para Skiing: see above
- Freestyle Aerial: Jumping 40-50 feet in the air with multiple flips and twists.
- Freestyle Moguls: Skiing through mogul field with two turns per second and inverted and/or upright multiple jumps 12-15 feet in the air.
- 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.
- Snowboard Alpine: Multiple turns in a 40-80 second course at speeds of 20-40 mph
- Snowboardcross and Skicross: Multiple jumps, turns and terrain changes with multiple competitors on course at the same time traveling at speeds upwards of 25 mph
- Snowboard and Skiing Slopestyle: A series of jumps that are anywhere from 40-120 feet, a series of rails and other terrain park features.
- Para Snowboard: see above
- Nordic Ski Jumping: Jumping for 90-130 meters off Nordic ski jumps.
- Nordic Cross Country and Para Cross Country: Skiing with multiple competitors on course with the possibility of collision between athletes or with other objects.



## Notice of Suspected Concussion

Dear Parent of Guardian,

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

Because of that suspicion, your athlete has been removed from training and competition, and will be placed on member hold with U.S. Ski & Snowboard. This hold will prevent your athlete from training or competing in U.S. Ski & Snowboard sports.

What now?

On the reverse of this letter is a form that must 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 form needs to be returned to me before your athlete can be removed from member hold.

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

A listing of some trained medical professionals can be found here [impacttest.com](http://impacttest.com); while this list is not exhaustive, it is a starting point. You may 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. Centers for Disease Control and Prevention [cdc.gov/headsup](http://cdc.gov/headsup).

If you have any questions, please let me know.

Jeff Weinman

Director, Competition Services

U.S. Ski & Snowboard

[jeff.weinman@usskiandsnowboard.org](mailto:jeff.weinman@usskiandsnowboard.org) | Fax: 435.940.2770

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