

Dear Parents/Guardians,

Altius Nordic Ski Club has implemented a policy which requires adherence by all coaches, volunteers, parents, legal guardians, participants, and agents of Altius Nordic Ski Club.

The policy requires Altius Nordic Ski Club to:

- Adopt and enforce a concussion and head injury policy that requires the removal of any athlete suspected of sustaining a concussion and/or traumatic head injury from the sporting event.
- Inform adult athletes, parents or legal guardians of the requirements of the policy and obtain their signature on the policy before permitting an athlete to participate in a sporting event.
- In the event of a suspected concussion, prohibit participation until the athlete receives medical clearance from a qualified health care provider. This clearance must be in writing by the health care provider, preferably a member of our Canadian Performance Centre for Ski Jumping and Nordic Combined IST team.

Starting June 18, 2013 a plan will be developed to ensure that our coaches, site supervisors/chaperones, and officials are aware of the policy and provided with training resources to identify the signs and symptoms of a concussion and/or traumatic head injury. This information is important to help athletes suspected of having sustained a concussion or traumatic head injury to be removed from training and competing and encouraged to seek appropriate medical attention.

Adult athletes, parents or legal guardians will also be receiving a copy of the Altius Nordic Ski Club Concussion and Head Injury Policy. Along with this policy each adult athlete, parent or legal guardian will need to read and understand the policy, and then give their consent by signing and agreeing to adhere to the policy. Due to the legislation in the state of Utah, no athlete can travel to Utah to train or compete without this policy being signed off. All other athletes will need to have this form signed off by July 1, 2013.

A safe return to activity protocol is important for all athletes following any injury, but it is essential after a concussion. Altius Nordic Ski Club supports, and is committed to establishing a protocol that allows for concussions and head injuries to be identified and referred appropriately.

Sincerely,

Rod Strate
Altius Nordic Ski Club