

## Axis Freeride Concussion Policy

Any Axis Freeride athlete that is suspected of having sustained a concussion must be removed immediately from participation in all Axis Freeride programs. The athlete will be prohibited from further participation until evaluated and cleared to return in writing by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to Axis Freeride in the return 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.

The UHSAA (Utah High School Activities Association) forms may be used by any physician not currently working with Axis Freeride staff in a safe return to sport program.

**Axis Freeride will provide names of recommended qualified health care providers upon request.**

**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 may 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.

Axis Freeride recommends thorough reading of the Center for Disease Control’s and/or Think Head First resources on concussion awareness at the following links:

[http://cdc.gov/concussion/HeadsUp/online\\_training.html](http://cdc.gov/concussion/HeadsUp/online_training.html)

<http://thinkheadfirst.com/>

***I have carefully read the foregoing and understand it to be a legally binding release and indemnity agreement and agree to follow the rules outlined.***

Athlete or Parent/Guardian signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Athlete (print): \_\_\_\_\_ Parent/Guardian (print): \_\_\_\_\_