

Black Hills Ski Team Concussion Policy

Any Black Hills Ski Team (BHST) athlete under the age of 18 years suspected of having sustained a concussion/traumatic brain injury must be removed immediately from participation in BHST sporting event (practice or competition) by the BHST coach overseeing such sporting event. The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in BHST sporting events by a qualified healthcare provider trained in the evaluation and management of concussive head injuries. Upon removal of a minor athlete from participation for a suspected concussion/traumatic brain injury, the coach making the removal must inform a parent or guardian of the minor athlete as well as a member of the BHST Board of Directors. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance to BHST in order to be permitted to participate in BHST sporting events.

About Concussion

A concussion is a type of traumatic brain injury 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.

Additional Resources

The BHST Board recommends that Members review the Center for Disease Control's resources on concussion awareness at www.cdc.gov/headsup/youthsports. Members are also encouraged to participate in cognitive baseline testing, such as ImPACT (www.impacttest.com), available through many schools and area healthcare providers. Baseline results are helpful for comparison when a concussion is suspected.