

U.S. FIGURE SKATING

CONCUSSION INFORMATION

1. To protect the safety and health of skaters, it is the policy of U.S. Figure Skating that a skater who is suspected of sustaining a concussion* should be immediately removed from the ice and from competition/training, and should not return to skate until the skater undergoes medical evaluation by a licensed healthcare professional who is trained in concussion management and the skater receives written clearance to return to skating.
2. U.S. Figure Skating competition rules 1211, 1217, 1220 and 1403D, read in conjunction with this U.S. Figure Skating policy on concussion, provide the referee with the authority and discretion, when the referee has reason to believe that a skater has suffered a concussive injury, to remove the skater from the ice, to require the skater to undergo medical evaluation, and to NOT allow the skater to continue to skate until the skater receives written clearance to return to skate.

For Referees, please find the following links for more information:

Concussion Education Information (Oct. 2014):

▶ <http://www.usfigureskating.org/content/ConcussionEducationInformation.pdf>

Essential Sports Medicine for Competition (2014-15):

▶ <http://www.usfigureskating.org/content/EssentialSportsMedicineforEventReferees201415.pdf>

Link to Webinar regarding concussion information (Oct. 2014):

▶ https://www.youtube.com/watch?feature=player_embedded&v=uyXy5Aylonc

“WHEN IN DOUBT, SIT THEM OUT” - recommended by the Center for Disease Control (CDC)

SAFETY FIRST

*A **concussion** is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. An athlete can sustain a concussion without losing consciousness or actually hitting their head. Concussion reflects a functional rather than structural injury and standard neuro-imaging (MRI, CT scan of the brain) is typically normal. Concussion can result in symptoms that are evident immediately, or may evolve and persist over the course of hours, days, and even months. Some signs and symptoms of a concussion are only evident with specific testing or questioning. Additionally, certain symptoms of concussion, such as disequilibrium and slowed reaction times, increase the risk for further injury to the concussed skater and those around him/her if precautions are not taken before returning to training and/or competition. Once an athlete has had a concussion, the brain is more susceptible to repeat injury.

<http://www.usfigureskating.org/content/ConcussionEducationInformation.pdf>