

**OISRA Board of Directors ACTION**  
**September 20, 2017**

The OISRA Board of Directors approved by unanimous email vote:

- to add "Concussion Management" policies (see below) prepared by Jinny Martin to the OISRA Policies
- to adopt and accept the OSAA "Return to Participation Medical Release" form for health professionals to use when releasing a student to training and racing after having had a concussion
- to adopt and use the CBIRT "Parent Fact Sheet" (from Centers for Disease Control and Prevention) for providing information about concussions to students and parents at private schools.

Board Members:

Eric Martin  
Laurie Martin  
Ryan Rooper  
Jason Gillies  
Spencer Raymond

**CONCUSSION MANAGEMENT**

**A. Head Coach's Responsibilities (Max's Law, [ORS 336.485](#), [OAR 581-022-0421](#)) (Jenna's Law, [ORS 417.875](#))**

1) **Suspected or Diagnosed Concussion.** Any skier who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that skiing contest or practice, or any other skiing contest or practice on that same day. For Head Coaches where their school has the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that a student has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the skier to practice or racing. Athletic trainers may also work in consultation with an appropriate Health Care Professional (see below) in determining when a skier is able to return to practicing and racing following a concussion.

2) **Return to Participation.** Until a skier who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the skier shall not be permitted to return to athletic activity. ***An OISRA skier MUST give their coach OSAA's "Return to Participation Medical Release" if the school does not have a form and procedure in place for monitoring a skier's return to participation.***

3) **Private Schools Only.**

On an annual basis prior to participation, each student who attends a private school and at least one parent or legal guardian of the student will acknowledge they have received information regarding symptoms and warning signs of concussions. ( The CBIRT "Fact Sheet for Parents" covers this information.)

**B. Technical Delegate's Responsibilities.**

A Technical Delegate shall remove a skier from a competition when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The technical delegate shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The technical delegate is not responsible for evaluation or management of the player after he/she is removed from the race. The technical delegate does not need written permission for a player to return nor does the technical delegate need to verify the credentials of the appropriate health care professional who has cleared the skier to return. The responsibility of further evaluating and managing the symptomatic player falls upon the appropriate health care professionals and the Head Coach.