



Dodge Ridge Race Team
DASH Plus

Member Handbook

2019/2020 Season

Dear Race Team and DASH Plus Athletes and Parents,

On behalf of myself, our Head Coach Liberty Rimmer and the entire coaching staff of the Dodge Ridge Youth Ski and Ride Teams program, I would like to welcome you to Dodge Race Team. Many of you are returning members, while others may not only be new to our program, but are new to ski racing. We understand that each of you has different needs, and we will do our best to accommodate you.

Dodge Ridge has a long tradition of team spirit and camaraderie and is recognized for developing skiers of all abilities. Like many youth sports, the importance of having a strong parental support group cannot be emphasized enough. Without the volunteer help of parents our program cannot exist. We strongly encourage you to get involved to enhance the athlete experience, increase your knowledge, and help the club succeed overall. Please reach out to the Parent Club Board or the Program Director for volunteer ideas that best fit your interests and the needs of the club.

We will make every effort to keep you informed throughout the ski season. For example, weekly training updates with embedded videos of planned drills will be sent so that athletes can physically and mentally prepare for each week's training.

We encourage your input. If you have any questions and/or concerns please contact us. We sincerely hope your experience with the Dodge Ridge Race Team encourages a life-long passion for skiing and look forward to an exciting winter.

Dodge Ridge Race Team Tuition 2019/2020

\$1500

Jim Phillips
Dodge Ridge Youth Ski and Ride Teams Program Director

Our Mission

The Dodge Ridge Race team seeks to continue the tradition of developing opportunities for passionate skiers to pursue their athletic dreams, build camaraderie, and develop a work ethic that creates a foundation of excellence on the mountain and throughout their lives.

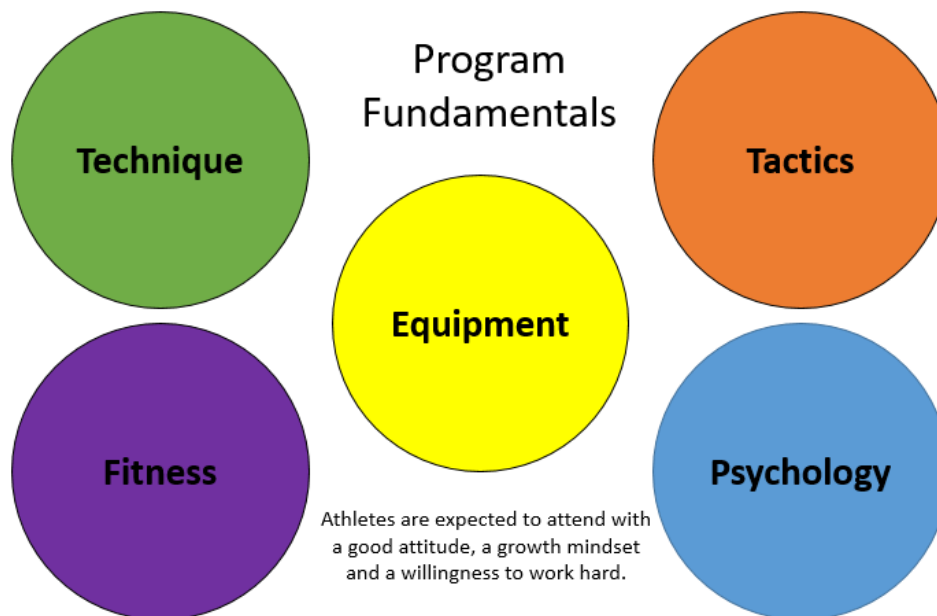
Vision Statement

To build the highest quality program for our region.

Core Values

- Honor the history and traditions of the Dodge Ridge Race Team
- Build character, confidence and camaraderie through competition based athletics
 - Develop athletes that strive for excellence in all aspects of their lives
- Establish a program that benefits future generations of Dodge Ridge athletes.

Participating in the Dodge Ridge Race Team provides the opportunity for youth and teens to further develop their skiing skills, athleticism, citizenship and enjoyment of the sport of skiing. DRRT provides race focused training and exposure to competitive ski racing for ages 6 – 15. Training is held on weekends and holidays throughout the season. The focus will be on Technique, Tactics, Equipment, Fitness and Psychology as shown in the graphic below.



Our guiding principles for athlete development:

- To promote the sport of amateur alpine ski racing, and nurture a competitive sports environment, which builds character, values, and good sportsmanship for all participants.
- To align athlete development according to the Alpine Development Pipeline from the US Ski and Snowboard Alpine Competition Guide ([See image and information on next page](#))
- To foster a lifelong passion for winter sports.
- To assist in the promotion of amateur alpine ski racing at the regional level, and to foster development towards national and international amateur skiing competitions.
- To assist skiing competitors in pursuing college level competition and education, Masters level skiing, as well as to provide guidance towards those seeking further careers in alpine snow sports.

ALPINE DEVELOPMENT



Emphasis throughout must be placed on free skiing, fundamental skill development, and the successful execution of SkillsQuest content.

Coaches will train athletes in a variety of conditions which include:

- Variable snow conditions
- Variable weather conditions
- Various terrain
- Various racing disciplines

Our coaching staff believes skiers will develop stronger skiing skills through a variety of training methods including:

- Directed free skiing
- Practicing drills
- Utilizing a variety of terrain and snow conditions
- Running gates as described by USSA guidelines

Combinations of these training methods will be used by the coaches throughout the season in a way to best suit the development of each team, age group and skill level.

Dodge Ridge Race Team Tuition 2019/2020 \$1500

The Dodge Ridge Race Team Membership does not include a Season Pass.
A season pass or lift tickets will be required to practice with the Race Team.

Training every weekend and competition in races is not mandatory but is highly recommended to maximize your child's skiing and team experience.

The Dodge Ridge Race Program will be US Ski and Snowboard Association Certified this season and recognized as an accredited program and part of the pipeline to the US Ski Team, while maintaining the highest standards as a program.

Training Days

- **Weekend Trainings**
 - Saturday and Sunday (December 14 – March 28) (*conditions permitting*).
- **Holiday Camp**
 - December 28 –December 31
 - January 3 – January 5
- **Monday Holiday Training**
 - MLK (January 20, 2020)
 - President's Day Weekend (February 17).
- **Total Training Days**
 - 25 Coached Training Days +
 - 12 Coached Race Days (with optional Fridays)
 - Total = 37 Coached Days
- **Competitions**
 - Bear Valley *Slalom* (January 10-12) Optional Training Friday, Race Saturday/Sunday
 - Dodge Ridge *Giant Slalom* (February 8-10)
 - China Peak *U10 Giant Slalom U12 Super G* (February 29- March 1)
 - Yosemite *Slalom* (March 13 – March 15)

Times:

- 8:30am Athletes meet in Race Room (Ready with all equipment)
- 9:00am On Hill
- 11:30 approx. 45 minute Lunch –

Parents – please make lunch arrangements for athletes as they WILL NOT be supervised during the lunch period

- 3:30pm Athletes back in Race Room for end of training meeting and paperwork.
- 3:45-4:00pm Athlete pick up by parent

Participation in state wide 4-day championships at the end of the season for U10 - U12s and U14s is based on racer interest and coaching is based on availability. (extra charge)

Please note, U14s ages 12-13 and U16s ages 14-15 will participate in the Central Series circuit only. A minimum of three athletes participating in any Central Series races are required for coaches to travel to race events. Race events outside of the Central Series circuit will require further organization and availability of coaches and will include an additional fee.

Try Out Process

Try outs will be held for all teams on the first day of training. During this process, coaches will evaluate the basic skiing skills of the athletes to ensure that they are within the range of the group. If required, changes to the child's enrollment can be made after this review, options will be discussed with parents on an individual basis.

	<i>Tentative Schedule (Weather Permitting)</i>
14-Dec	First weekend of Training-Slalom Training with Directed Free Skiing and Drills
15-Dec	First weekend of Training-Slalom Training with Directed Free Skiing and Drills
21-Dec	Slalom Training and Directed Free Skiing with Drills
22-Dec	Slalom Training and Directed Free Skiing with Drills
28-Dec	Camp: GS Training and Directed Free Skiing with Drills
29-Dec	Camp: GS Training and Directed Free Skiing with Drills
30-Dec	Camp: Early Morning Speed Training/Afternoon GS
31-Dec	Camp: Early Morning Speed Training/Afternoon SL
3-Jan	Camp: SL Training and Directed Free Skiing with Drills
4-Jan	Camp: SL Training and Directed Free Skiing with Drills
5-Jan	Camp: SL Training and Directed Free Skiing with Drills
10-Jan	Friday Afternoon SL training Bear Valley U10+
11-Jan	Slalom Race Bear Valley U10+
12-Jan	Slalom Race Bear Valley U10+
18-Jan	SL Training and Directed Free Skiing with Drills
19-Jan	SL Training and Directed Free Skiing with Drills
20-Jan	GS Training and Directed Free Skiing with Drills
25-Jan	SL Training and Directed Free Skiing with Drills
26-Jan	GS Training and Directed Free Skiing with Drills
1-Feb	GS Training and Directed Free Skiing with Drills
2-Feb	GS Training and Directed Free Skiing with Drills
7-Feb	Friday Afternoon GS training Dodge Ridge U10+
8-Feb	GS Race Dodge Ridge U10+
9-Feb	GS Race Dodge Ridge U10+
15-Feb	SL Training and Directed Free Skiing with Drills
16-Feb	GS Training and Directed Free Skiing with Drills
17-Feb	GS Training and Directed Free Skiing with Drills
22-Feb	GS Training and Directed Free Skiing with Drills
23-Feb	Early Morning Speed Training/ Afternoon GS
28-Feb	Friday Afternoon SG/GS Training China Peak U10+
29-Feb	GS/SG Race China Peak U10+
1-Mar	GS/SG Race China Peak U10+
7-Mar	SL Training and Directed Free Skiing with Drills
8-Mar	SL Training and Directed Free Skiing with Drills
13-Mar	Friday Afternoon SL Training Yosemite U10+
14-Mar	SL Race Yosemite U10+
15-Mar	SL Race Yosemite U10+
21-Mar	Parent/Kid Race and Awards Social

All race dates are subject to change due to weather

Uniforms and Equipment

Members of the Dodge Ridge Race Teams can purchase team racing shells and products at special USSA athlete pricing established by specific brands in the Dodge Ridge Sport Shop. Dues must be paid in full to be eligible for the athlete discounts.

Alpine Competition Guide -

https://usskiandsnowboard.org/sites/default/files/files-resources/files/2019/2020_Alpine_Guide.pdf

The link above will take you to a downloadable PDF of the 2020 US Ski and Snowboard Competition Guide. Please review the following sections and information.

Chapter 5	Collegiate, Masters & Adaptive Racing	pg. 69-72
Chapter 7	Alpine Competition Regulations	pg. 86
	Section 203 Membership	pg. 90
	Section 204 Qualifications of Competitors	pg. 91
	Section 205 Competitor Obligations and Rights	pg. 91
	Section 222 Competition Equipment	pg. 94
	Section 640 Protests	pg. 124

Equipment Specifications for Competitions

There are new changes to this for the 2019/2020 year.

- No waxing solution can be applied at a competition venue.
- The use of ski preparation benches is not allowed at a competition venue.

U12 and Younger Equipment

U12 and younger athletes should limit skis based upon the recommendations in the Alpine Training System and the Course Setting matrix.

- U12 - two pairs (SL, GS), length ski/size appropriate. Can only use one pair per race (inspection and competition).
- U10 - one pair (multi-event), length ski/size appropriate.

U14 Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm	DH Women & Men	No rule	No rule
	SG Women & Men	No rule	No rule
	GS Women & Men	188 cm max.	No rule
	SL Women & Men	130 cm min.	130 cm min.
Radius	DH Women & Men	No rule	17 m min.
	SG Women & Men	No rule	17 m min.
	GS Women & Men	17 m min.	17 m min.
	SL Women & Men	No rule	No rule
Profile width under binding	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
Stand Height (ski / plate / binding)	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.

U16 Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm	DH Women & Men	No rule	183 cm min.
	SG Women & Men	183 cm min.	183 cm min.
	GS Women & Men	188 cm max.	No rule
	SL Women & Men	130 cm min.	130 cm min.
Radius	DH Women & Men	No rule	30 m min.
	SG Women & Men	30 m min.	30 m min.
	GS Women & Men	17 m min.	17 m min.
	SL Women & Men	No rule	No rule
Profile width under binding	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
Stand Height (ski / plate / binding)	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.

Age Classes

Ski racing is structured to provide a progression of basic skills and racing ability through the course of a competitor's career. Competition is a necessary element of all racing, however results are not emphasized at the younger age levels. The youngest athletes are nurtured and reaffirmed; fun and personal improvement are emphasized over results.

Athletes are taught the fundamentals and basic skill required for ski racing. As they mature, advanced skills are introduced as is developmentally appropriate, and they are exposed to more intense levels of competition where their skills are challenged to greater degrees.

A competitor's age class is determined by their age on December 31 of the current competition year.

- U16 Ages 14 and 15 (born 2004 or 2005)
- U14 Ages 12 and 13 (born 2006 or 2007)
- U12 Ages 10 and 11 (born 2008 or 2009)
- U10 Ages 8 and 9 (born 2010 or 2011)
- U8 Ages 7 and younger (born 2012 and later)

National Racing Organization

The United States Ski Association (USSA) is the governing body of ski racing. We are a member of the Far West division of USSA. All junior racers wanting to compete in USSA/Far West races must have a valid competition license. Dues vary according to age and class. All races must reach the appropriate age class by December 31 of the current year. When dues have been paid, you will receive a competition license beginning with F and followed by a 7 digit number. This number will be used during your racing career and for all race registration.

Membership Dues and Fees

- **USSA General Membership: AGE 0-17 // PRICE \$30**
 - The U.S. Ski & Snowboard general membership is a great option for your athlete to train with his/her club throughout the season. However, the general membership does not allow for competition in U.S. Ski & Snowboard sanctioned events.
- **USSA Competitor Membership**
 - The U.S. Ski & Snowboard Competitor membership includes participation in U.S. Ski & Snowboard sanctioned events and scoring to the national points list for scored events. You may upgrade your child to a competitor membership for his/her age class by calling Member Services on 435.647.2666. **The \$30 paid for the general membership and any applicable division dues will be applied to the upgrade.** Additional division dues may apply.
 - Alpine Competitor U12 & under: AGE 0-11 // PRICE \$75
 - Alpine Competitor U14: AGE 12-13 // PRICE \$100
 - Alpine Competitor U16 & over: AGE 14 and over // PRICE \$170
- **Far West Skiing Membership**
 - \$38 for U10/U12 Competitors, Coaches, and Officials
 - \$53 for U14 and older

Race Team Code of Conduct

The Dodge Ridge Race Team and DASH Plus teams focus on cultivating a strong program through athletes that are passionate about the mountains, are positive ambassadors of Dodge Ridge and are developing a life-long love of snowsports.

As such, athletes are held to the Dodge Ridge Race Team Code of Conduct, the USSA Code of Conduct, and the Skiers Responsibility Code and. We expect each athlete to attend with a good attitude, a growth mindset and a willingness to work hard. Through your positive actions, we will have the ski area and all skiers proud to support our program.

- Preparation
 - Helmets are required for all training and competitions
 - Be on time – don't delay the rest of the team.
 - Wear the appropriate clothing for the day, bring the proper ski equipment and personal protective equipment and don't forget your season pass!
 - Carry your season pass with you at all times when skiing. No pass...no skiing.
 - Have your pass ready to show the lift attendant – EVERY TIME.
- Learn the names lift operators, ski patrol, ski instructors, and other Dodge Ridge employees
 - Say "hello" or "good morning" or whatever is appropriate.
 - Be cordial and respectful of all area employees and other skiers
- Dodge Ridge Race Team and DASH Plus members are highly visible. Bring attention to yourself by the way you ski, not by acting obnoxiously. Be on your best behavior on and off the ski hill.
 - Cutting lift lines is not allowed. You do not have any special privileges at the ski area.
 - Remember, if you have a conflict with another skier, they are ALWAYS right. Because you are a team member, you are guilty....period!
 - Never bad mouth the ski area.
- Ski Safely and Courteously
 - Observe all ski area signs.
 - No tucking any slopes, unless designated by the coach. Do not ski like a pack of wild dogs. Racing each other in a group is dangerous, and it scares the general public.
 - Use a "spotter" when jumping. Don't jump blindly.
 - Avoid crowded trails and intersections. SLOW DOWN in crowds, at intersections and before getting to the lift loading areas.
 - If stopped on a slope, always go to the side. Don't stop and stand in the middle of a trail.
- In case of emergency or accident, contact the ski patrol, or go to the lift attendant at the bottom or top of any lift.
- Positively promote Dodge Ridge and the Dodge Ridge Sports Shop.

USSA Code of Conduct (Taken from the 2020 Alpine Competition Guide) Revised October 1, 2019

Membership in U.S. Ski & Snowboard is a privilege, not a right. All U.S. Ski & Snowboard members when participating in any U.S. Ski & Snowboard activity must agree to conduct themselves according to U.S. Ski & Snowboard's core values of Integrity, Passion, Fun, Team, Community, Excellence, Grit, and Safety, and abide by the spirit and dictates of this Code of Conduct. All members must agree to comport themselves in a sportsmanlike manner and are responsible for their actions while attending or participating in all U.S. Ski & Snowboard activities (including but not limited to camps, competitions, and projects).

Sportsmanlike conduct is defined as but is not limited to: respect for competition officials, resort employees, fellow members, and the skiing and snowboarding public, respect for facilities, privileges, and operating procedures, the use of courtesy and good manners, acting responsibly and maturely, refraining from the use of profane or abusive language, and abstinence from illegal or immoderate use of alcohol and use of illegal or banned drugs.

While participating in any U.S. Ski & Snowboard activity:

1. U.S. Ski & Snowboard members shall be subject to the jurisdiction of the International Ski Federation (FIS) Statutes, the United States Olympic & Paralympic Committee (USOPC) Bylaws, the U.S. Ski & Snowboard Bylaws, and this U.S. Ski & Snowboard Code of Conduct.
2. U.S. Ski & Snowboard members shall conduct themselves at all times and in all places as befit worthy representatives of the United States of America, the United States Olympic Committee, U.S. Ski & Snowboard, their region, division, state or club and in accordance with the best traditions of national and international competition.
3. U.S. Ski & Snowboard members are responsible for knowledge of and adherence to competition rules and procedures. Members are also responsible for knowledge of and adherence to the rules and procedures of the U.S. Ski & Snowboard national teams, camps or other projects when participating in such.
4. U.S. Ski & Snowboard members shall maintain high standards of moral and ethical conduct, which includes self-control and responsible behavior, consideration for the physical and emotional well-being of others, and courtesy and good manners.
5. U.S. Ski & Snowboard members shall abide by U.S. Ski & Snowboard rules and procedures while traveling to and from and participating in official U.S. Ski & Snowboard activities.
6. U.S. Ski & Snowboard members shall abstain from illegal and/or immoderate consumption of alcohol. Absolutely no consumption of alcohol is permitted for those individuals under the age of 21. Members under 21 years of age shall not participate in gatherings involving consumption of alcohol unless it is an official U.S. Ski & Snowboard or event organizer function. Members under the age of 18 shall not use any form of nicotine.
7. No U.S. Ski & Snowboard member shall violate the customs, travel or currency regulations of a country while traveling with a U.S. Ski & Snowboard group or on a U.S. Ski & Snowboard ticket.
8. No U.S. Ski & Snowboard member shall commit a criminal act.
9. No U.S. Ski & Snowboard member shall engage in any conduct that could be perceived as harassment based upon gender, age, race, religion, disability, or sexual orientation.
10. U.S. Ski & Snowboard members will avoid profane or abusive language and disruptive behavior.
11. U.S. Ski & Snowboard members understand and agree that they may be drug tested at any time, that they are subject to and will abide by the USADA Protocol for Olympic and Paralympic Movement Testing, its Annexes, and the USOPC National Anti-Doping Policies, and that any dispute related to the foregoing will be resolved exclusively in arbitration pursuant to the USADA Protocol. Before taking any medications, members must check the prohibited status at GlobalDRO.com. Also, they must be sure to download the Supplement 411 app, or visit Supplement411.org to learn how to recognize and reduce the risks related to supplement use. Any anti-doping questions can be directed to Athlete Express at 866.601.2632.
12. U.S. Ski & Snowboard members agree to abide by the policies and procedures established by the U.S. Center for SafeSport.

Skiers Responsibility Code:

- Always stay in control and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Dodge Ridge Race Club

The Race Club hosts numerous social events throughout the ski season for parents and kids to develop life-time friendships. The Race Club is responsible for organizing fundraising events as well as social activities to support the team. They are the key component for on hill volunteers for the GS race; they encourage all parents to volunteer at some level for the race. They are the “go to” support system for new families to understand and to enjoy the racing experience.

US Ski and Snowboard Membership Application for Volunteers - <https://my.ussa.org/membership/start>

10 Commandments for Sports Parents- *From USSA's Successful Sports Parenting*

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at competitions.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

Race Registration Information

It the responsibility of the individual families to register their athletes for each competition prior to the deadline for each race. Instructions for registration can be found at <https://my.ussa.org/aip/alpine/ussa-online-athlete-registration>

Dodge Ridge Ski and Ride Youth Teams Center Office

The office is open Saturdays, Sundays, and holidays.

The office is located across from the Sports Shop in the Creekside Lodge, adjacent to the Plaza.

Communication

By Phone:The Race Team phone number is (209) 536-5362.

By Email:

Liberty Rimmer lrimmer@dodgeridge.com

Jim Phillips jim@dodgeridge.com

Dodge Ridge:

Front desk (209) 965-3474

Snow Phone (209) 536-5300

Appendix:



USSA Concussion Policy

The USSA values the welfare of our skiing and snowboarding athletes. Concussion management of young athletes is an important issue for all of us. It is our responsibility as clubs, officials, coaches and parents to ensure that athletes suspected of sustaining a concussion or traumatic brain injury are managed carefully, and that a qualified health care provider clears their return to sport program.

USSA legal issues with concussion injuries

All USSA members and activities are bound by law to implement a concussion policy and concussion management protocol applying to minors (under age of 18).

USSA clubs operating in states other than Utah may also be subject to state law with different provisions than Utah. You can learn about the concussion laws in your state at <https://www.adlergiersch.com/blog/zackery-lystedt-law-now-law-50-states/>.

All USSA members, and their parents in the case of minors, are required to review and acknowledge the USSA Concussion Policy.

USSA Concussion Policy for Members

Any USSA athlete under the age of 18 years suspected of having sustained a concussion/ traumatic brain injury must be removed immediately from participation in USSA sporting event (e.g. sanctioned training, practice, camps, competitions or tryouts), by the Technical Delegate or USSA member coach overseeing such sporting event. The minor athlete will be prohibited from further participation until evaluated and cleared in writing to resume participation in USSA sporting events by a qualified health care provider trained in the evaluation and management of concussive head injuries. The health care professional must certify to USSA in the clearance 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.

Upon removal of a minor athlete from participation for a suspected concussion/traumatic brain injury, the USSA TD or member coach making the removal must inform USSA Competition Services. Athletes who have subsequently been medically cleared to resume participation must provide such medical clearance (as described above) to USSA Competition Services in order to be permitted to participate in USSA sporting events.

Definition

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 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.

The USSA recommends that Members review the Center for Disease Control's resources on concussion awareness at

[//www.cdc.gov/concussion/HeadsUp/online_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

In summary and consistent with Utah House Bill 204 the USSA has:

- Adopted a concussion policy.
- Informed Parents/Guardians of the policy.
- Obtained Parent/Guardian's signature on the policy.
- Required removal of minor athlete suspected of having sustained a concussion.
- Prohibited minors from participating in all USSA activities until cleared by a qualified medical provider trained in concussion management.

USSA Concussion Action Plan

- Remove the athlete from activity – training or competition, when suspected of having sustained a concussion or TBI.
- Inform the athletes' parents/guardian.
- Allow the athlete to return to sport when cleared by a qualified medical provider trained in concussion management.

USSA Administrative Role

- USSA Membership has created an online registration process to inform and capture necessary electronic signatures.
- Competition Services will receive notifications from coaches/officials/clubs of suspected concussions.
- Competition Services will place athletes suspected of sustaining a concussion on USSA membership "medical hold".
- Competition Services will remove an athlete from medical hold once they receive the USSA Concussion Medical Evaluation form signed by a licensed health care provider who is trained in the evaluation and management of a concussion and who has, within three years before the day on which the written statement is made, successfully completed a continuing education course in the evaluation and management of a concussion.

[For assistance contact: education@ussa.org](mailto:education@ussa.org)