



**ISC MEDICAL EVALUATION FORM
(for Competitor Due to Concussion/Injury)**

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To: Licensed Medical Doctor

Date: _____ Time: _____

Competitor Name: _____

Competitor Date of Birth: _____

Medical Clearance ID Number: _____

ISC Official Initiating this Evaluation: _____

The above-named competitor/athlete was identified as having a possible concussion or other injury including head injury. Your medical evaluation is critical for this athlete to safely continue in a skydiving competition.

INSTRUCTIONS: Please complete this form and return a copy to the competitor or any competition official. If a head injury is suspected, you may refer to the attached "*Returning After a Head Injury During a Sporting Event*" pages, if in your judgement, it is appropriate to do so.

The minimum criteria for an athlete to safely continue in a skydiving competition are as follows:

1. The competitor must have clear mental faculties and situational awareness to make rapid decisions and initiate normal and emergency procedures if necessary.
2. There must be no physical or mental limitation that would preclude a skydive operation which includes preparing equipment; climbing to, exiting, and descending from an aircraft altitude up to 14,000 feet (4267 meters) above ground; deploying and steering a parachute; and completing a safe landing. Some competitors may instead operate inside of a circular enclosed glass wind tunnel that simulates continuous freefall.
3. The competitor must not be prescribed or under the influence of any drug that could alter perception or mental faculties including narcotics, tramadol, or other sedating substances. Consult WADA Drug List for more information.

The competitor and skydiving competition officials are relying on your experience and expertise to perform this assessment. The safety of all concerned is the primary objective.

Please indicate the results of your medical assessment by completing the attached section on Page 2.

To: ISC/FAI Competition Officials

Date: _____ Time: _____

Competitor/Athlete: _____

I have examined the above-named competitor and have determined (select only 1 result):

_____ NO, this competitor may not resume skydiving competition at this time.

_____ YES, this competitor may resume skydiving competition with no limitations.

_____ YES, this competitor may resume skydiving competition ONLY after the limitations and/or requirements described are met:

Licensed Doctor Name: _____

Contact information: _____

Date: _____ Time: _____

Received by ISC/FAI Official: _____

Date: _____ Time: _____

Meet Director and Chief Judge Notified: _____

HoD/Team Manager Notified: _____

Notifications by (FAI Controller): _____

Date: _____ Time: _____

Returning After a Head Injury During a Sporting Event

Anyone who has a head injury during a sporting event needs to immediately stop all activity and not return to sporting activity that day. Being active again before the brain returns to normal functioning increases the person's risk of having a more serious brain injury.

Every person involved in a sporting event needs to know the importance of getting medical help when a competitor has a head injury.

The decision about when a competitor can safely return to competition must be made by a doctor. The doctor decides on a case-by-case basis. Things that help the doctor decide when a competitor may resume competition include:

1. The competitor's symptoms
2. The competitor's medical history
3. The competitor's concussion history
4. The competitor's medication and alcohol use
5. The competitor's ability to stand and balance on one foot with eyes closed
6. How quickly the competitor can solve simple math problems
7. The competitor's ability to pay attention and answer questions to test learning and memory.

Doctors and other concussion specialists agree that competitors must not return to competition until symptoms are completely gone, both at rest and during exercise or exertion. Using medicine to improve concussion symptoms is not the same as being symptom-free. Young adults have longer recovery times, so they may need to wait longer before returning to competition.

In most places, a doctor must give written permission for children, young adults, and adult athletes to return to competition sporting activity.

The first treatment for a concussion is 1 to 2 days of rest, both physical and mental. A doctor must specify a follow up activity program based on the competitor's injury and symptoms. After resting, the competitor can gradually increase activity PROVIDED IT DOES NOT CAUSE NEW SYMPTOMS OR WORSEN EXISTING SYMPTOMS. The competitor must be symptom-free for 24 hours at the maximum level of activity authorized by the doctor, and then rechecked by the doctor.

A doctor must always make the decision if the competitor may resume sporting competition activity.

An FAI Controller does not have the authority to overrule a Medical Doctor's decision.

The above rules apply for competition after a first concussion. After more than one concussion, the competitor will most likely need a longer recovery time. Because the risk for a second concussion is greatest within the first 10 days of the first concussion, it's extremely critical to make certain the competitor is completely recovered before they return to competition. A second injury, even if not a head injury, can cause permanent brain damage or death.