

San Juan Island Sailing Foundation
High School Sailing Team
Safety Packet for Sailors & Guardians

The following are required reading and some forms that must be filled out, signed, and turned in before sailors can sail with the Team.

- 1) Concussion Information (2 pages).
- 2) Helmet use advisory from US Sailing Sports Medicine Committee (2 pages).
- 3) San Juan Island Sailing Foundation Policy on Head Safety and Helmets (1 page).
- 4) Medical Release Form (1 page).
- 5) Release, Hold harmless, and Assumption of Risk acknowledgement and waiver (1 page).
- 6) Media release form (1 page).
- 7) Web links for information on brain injury, concussion, helmets and sizing (1 page).

This page and pages related to items 4, 5, and 6 herein must be printed, signed and returned before student-athlete may sail with the team.

I understand it is my responsibility (not the Foundation's) to provide medical insurance for my teenager and that school-time insurance will not cover the activities of the San Juan Island Sailing Foundation Sailing Team.

I acknowledge having read the information presented herein.

Student-athlete name printed

Student-athlete signature

Date

Parent or Guardian name printed

Parent or Guardian signature

Date

(Version 1.1)

This document PDF with clickable web links available on our website <http://www.sanjuansailing.org>
menu item Sailing Team : Team Signup Info

San Juan Island Sailing Foundation has adopted the San Juan Island School District Concussion Information Sheet for all sailors and their Guardians to read.

Concussion Information Sheet (page 1 of 2)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment |
|--|--|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

Concussion Information Sheet (page 2 of 2)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new "Zackery Lystedt Law" in Washington now requires the consistent and uniform implementation of long and well-established return-to-play concussion guidelines that have been recommended for several years:

"a youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time"

and

"...may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider".

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one event than miss the whole season. And when in doubt, the athlete sits out.

RETURN TO PARTICIPATION PROTOCOL

If your child has been diagnosed with a concussion, they MUST follow a progressive return to participation protocol (under the supervision of an approved health care provider) before full participation is authorized.

The return to play protocol may not begin until the participant is no longer showing signs or symptoms of concussion. Once symptom free, the athlete may begin a progressive return to play. This progression begins with light aerobic exercise only to increase the heart rate (5-10 minutes of light jog or exercise bike) and progresses each day as long as the child remains symptom free. If at any time symptoms return, the athlete is removed from participation.

Helmet use advisory from US Sailing Sports Medicine Committee

Can also be found at <https://tinyurl.com/USSailing-helmets>

US Sailing Sports Medicine Committee

US Sailing has been collecting and reviewing data and information on severe brain injuries in competitive and recreational sailing. Similar to modern American football and other sports at risk for impact to the head, this topic has been a growing concern for sailing that requires an educated approach. The routine use of helmets in sailing has been in question for years and now, due to the increasing frequency of such injuries, there has been a building movement to provide more education and resources on helmet use.

There are two subjective categories to consider regarding head injuries:

Traumatic Brain Injury is a more severe condition, beyond what would be considered a concussion. As a tragic example, Andrew “Bart” Simpson died of severe head and neck injuries in the wreckage of Team Artemis’ capsized 72-foot catamaran in May of 2013. Prior to that, the first America’s Cup training death was Martin Wizner, who was a Spanish sailor struck in the head by a piece of equipment that broke loose while sailing with the Spanish Challenge in Valencia, Spain in 1999 (1). The CCA Fleet Surgeon lists at least nine deaths in racing venues caused by blunt trauma to the head during accidental jibes (2). These and increasingly numerous other reports are reason enough to consider the usage of helmets in competitive racing programs for crew positions that are at risk for blows to the head. Helmet use for sailors who are new to the sport and do not yet have the awareness of the rigging and equipment should also be encouraged.

Concussion (or closed head injuries) diagnosis is on the rise and the identification and treatment is evolving. They are caused by changes in the brain (white matter) when the skull is suddenly rotated due to an acceleration/deceleration effect within the skull, and can occur in small boat and dinghy racing where aggressive jibing and tacking is taught and widely practiced. They can even occur from accidental and unexpected strikes to the head in calm cruising conditions. Concussions in American football and boxing have been shown to be associated with delayed onset dementia, and the type of changes seen within the brain associated with symptoms of concussion are similar to the distribution of changes seen in brains of Alzheimer patients (3). The permanent damage resulting from one concussion is not known and cannot be assumed to be negligible. Concussions are being taken seriously in football, soccer, and hockey, and numerous other sports. They should be taken seriously in scholastic and collegiate sailing.

A word of caution now needs to be clear to all persons who consider using helmets while sailing. There is no data to confirm that helmets will prevent concussions. Helmets have been shown to reduce the incidence and severity of facial and skull fractures, contusions and lacerations, but not concussions. (4, 5) Concussions seem to occur more easily in pre-

teen and teens. We also need to be aware that wearing a helmet makes the head a “larger” target and could possibly lead to more head strikes.

Therefore, it is the position of the Sports Medicine Committee of US Sailing that helmets should be considered and encouraged but not mandated for aggressive competitive sailing, crew positions at increased risk for strikes to the head, and sailors who are learning the sport and thus unfamiliar with the position and movement of rigging and equipment.

In the rare case that a concussion or head injury occurs, treatment thereof and the evaluation for a return to activity should be conducted by a trained specialist.

US Sailing strives to maintain the freedom of open competition and participation at all levels of the sport while making recommendations that follow the currently available data regarding safe practices. Awareness of injury risk prevention and general safety planning for all sailing events has been and will remain a priority for this organization. In the future, we will revise our recommendations as needed as the data evolves and distribute these to our members and the world of sailing in as timely a fashion as possible. Communication is paramount regarding collection of information in all sailing injuries and we will continue to improve our ability to communicate and collect this data through the assistance of our volunteers and partners.

References:

- (1) – Communiqué from Spanish Challenge to AmericaOne skipper Paul Cayard in Jan. 1999.
- (2) – Fleet Surgeon’s section, Cruising Club of America website
- (3) – Symptomatic white matter changes in mild traumatic brain injury resemble pathologic features of early Alzheimer dementia: Radiology, 2013, October, 269:249-257
Fakhran S, Yaeger K, Alhilali L
- (4) – Br J Sports Med. 2013 Jan;47(1):15-26. doi: 10.1136/bjsports-2012-091941. American Medical Society for Sports Medicine position statement: concussion in sport.
Harmon KG1, Drezner JA, Gammons M, Guskiewicz KM, Halstead M, Herring SA, Kutcher JS, Pana A, Putukian M, Roberts WO.
- (5) – Neurosurgery. 2014 Oct;75 Suppl 4:S136-48. doi: 10.1227/NEU.0000000000000496.
Current and future concepts in helmet and sports injury prevention.
Hoshizaki TB1, Post A, Oeur RA, Brien SE.

The US Sailing Sports Medicine Committee consisted of:

[Jones MD, David](#) (Chair)

[Allen MD, Joanne B.](#)

[Bottino MD, Gino C.](#)

[Fischer MD, Edwin G](#)

[Hunt, Shawn Eric](#) (MSPT, ATC, SCS)

[Murray Jr, Samuel D](#) (retired orthopaedic surgeon and past chair)

[Nathanson MD, Andrew](#)

[Wallace, Robin](#)

San Juan Island Sailing Foundation Policy on Head Safety and Helmets

The Foundation shall make it clear to sailors and their guardians that the decision to wear or not to wear a helmet should be a thoughtful choice of every sailor. The Foundation shall provide some information on head trauma and concussion and encourage sailors and their guardians to further research these concerns. This information shall be included with the sailing safety waiver to be signed by every student and their guardian before the student is allowed to sail with the team.

The Foundation through its coaches shall educate and encourage our sailors to learn how to avoid head trauma and injury during sailing.

The Foundation shall not mandate the wearing of safety helmets per the recommendations of the Sports Medicine Committee of US Sailing.

Skippers are perhaps at greater risk of head trauma and concussion, but crews and skippers should be encouraged to look out for each other's safety at all times and to speak out when safety issues arise.

Coaches should discourage teasing should a sailor choose to wear a helmet and create an environment of respect in each sailor's personal safety choices.

In the event it is known a sailor has been seen by a doctor or specialist for concussion or head injury (regardless whether it occurred sailing) and it was recommended the sailor cease sports activities then the team coach shall require a note from a doctor or specialist that the sailor is clear to return to sailing or sports activities before they can sail with the team again.

The Foundation shall adopt an injury, head trauma, and concussion reporting and archival system and this shall be made available to the Board, its Safety & Review Committee if it exists, and the Team Coach. The intention of keeping this information is to develop institutional knowledge on avoiding injury and accidents.

The Foundation shall not make recommendations on what head safety gear sailors should use. Team coaches may share their personal recommendations in regards to head gear, but should make it clear it is personal opinion.

San Juan Island Sailing Foundation Medical Release Form

Participant's Full Name: _____

Date of Birth: _____ Gender: _____

Guardian - Parent's E-Mail Address: _____

Family Physician: _____

Address: _____

City, State, Zip: _____

Tel: (____) _____ Cell: (____) _____

Insurance Co.: _____ Policy Number: _____

Have you been treated for: (check mark all that apply)

Rheumatic fever Heart disease Chronic disease of the lung
 Asthma Chronic ear disease Disease of the bones or joints
 Epilepsy Concussion / Brain injury
 Other: _____

If you are currently taking medication, please list here: _____

Any vision or hearing defect? _____

Do you wear contact lenses? Yes No

In Case of Emergency, please notify:

Name: _____ Relationship: _____ Phone: (____) _____

Name: _____ Relationship: _____ Phone: (____) _____

I, the undersigned, do hereby authorize and consent to any x-ray examination, anesthetic, medical or surgical diagnosis rendered under the general or special supervision of any member of the medical staff licensed under the provisions of the Medical Practice Act or a dentist licensed under the provisions of the Dental Practice Act and on the staff of any acute care general hospital holding a current license to operate a hospital from the state Department of Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required, but is given to provide authority and power to render care under the judgment of a licensed medical practitioner. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

Signature of legal guardian - parent required:

Print Name: _____

Signature: _____

Date: _____

San Juan Island Sailing Foundation

RELEASE, HOLD HARMLESS AND ASSUMPTION OF RISK & EQUIPMENT USE

I/We understand that participation in activities (Activities) organized by the San Juan Island Sailing Foundation, including but not limited to High School Sailing Team and / or community sailing, both on and off the water, inherently involves potential hazards and risks of damage to property and bodily injury, even death.

I/We further understand that participation in Activities organized or participated in by the San Juan Island Sailing Foundation may involve strenuous activity. I/We hereby affirm that the participant has no medical or physical condition(s) which prevent or limit their ability to engage in these Activities. I/We acknowledge that the participant is able to swim. I/We will immediately notify the team coach or manager of the Activities, if a change in the participant's health or other condition would affect their ability to participate in the Activities.

I/We willingly assume all of these risks from hazards, both known and unknown. Having read this waiver and knowing these facts, and in consideration of being allowed to participate in Activities organized and / or participated in by the San Juan Island Sailing Foundation, I hereby for myself, my marital community (if applicable), my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and with this agreement do release, discharge, hold harmless and agree to defend and indemnify the coaches, instructors, volunteers, affiliated community organizations and yacht clubs, all other sponsors of the San Juan Island Sailing Foundation, suppliers, agents, and their respective Boards of Directors, employees, members, insurers, agents, all others acting on their behalf and any other personnel or entity in any way assisting or connected with these Activities from any and all claims of liability for any damages, injuries or other loss of any nature arising in any manner from participation in Activities organized or participated in by San Juan Island Sailing Foundation.

I/We intend this Release, Hold Harmless and Assumption of Risk to be effective whether my participation in any San Juan Island Sailing Foundation related Activities is as a student, instructor, or in any other capacity.

I/We agree to be responsible for the safe return or replacement of all athletic and / or activity equipment issued by the San Juan Island Sailing Foundation to the participant and to follow all rules of use provided in writing or as directed by the Foundation, its coach or Activities coordinator. As a participant in the Activities using equipment, I agree to make a best effort at inspecting the equipment and confirming it is in good working order before using it.

I/WE HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I/WE AM/ARE AWARE THE AGREEMENT INCLUDES A WAIVER OF LIABILITY, AN ASSUMPTION OF RISK AND AN AGREEMENT BY ME/US TO INDEMNIFY THE RELEASEES, AND I/WE SIGN IT OF MY/OUR OWN FREE WILL.

Participant's Name: _____

Participant's Signature: _____ **Date:** _____

Parent/Legal Guardian's Name: _____

Parent/Legal Guardian's Signature: _____ **Date:** _____

Media Release Permission Form

For valuable consideration, receipt of which is acknowledged by my signature, I hereby grant to San Juan Island Sailing Foundation, its assigns, licensees and legal representatives the irrevocable right to copyright, publish and use in any form or media, for promoting, advertising, trade, stock use or other lawful purpose, any likeness or photograph in which I am/my child is included, in whole or in part. I waive the right to inspect the finished product, including written copy.

I hereby release and agree to hold harmless the San Juan Island Sailing Foundation, its assigns and those operating under its authority from any liability by virtue of the lawful use of these pictures. I warrant that I am of full legal age and that I have read and understand the contents of this release. This release is valid indefinitely, unless a request in writing is received to discontinue the agreement.

(Circle one)

Agree

Do not agree

Student-athlete name printed

Student-athlete signature

Date

Legal guardian's signature required (if Sailor is under 18 years of age):

Parent or Guardian name printed

Parent or Guardian signature

Date

Web links for information on head trauma, helmets and sizing

The following link has a good set of short videos and information on brain injury, concussion, and helmet safety and fitting suggestions from the Centers for Disease Control and Prevention:

<http://www.cdc.gov/headsup/index.html>

Note that parents / guardians are fundamentally important to noticing changes in their youth's behaviors over time and head trauma related injuries may not be obvious at first.

There is also a Concussion and Helmet Safety app for iPhones and Android devices available off that same link under "Heads UP App".

"The CDC HEADS UP Concussion and Helmet Safety app will help you learn how to spot and what to do if you think your child or teen has a concussion or other serious brain injury. The application includes a helmet fit feature that teaches about proper helmet fit, safety and care as well as providing other tools and materials for youth and high school sports coaches, parents, athletes, and school and health care professionals that provide important information on preventing, recognizing, and responding to concussion."

CDC PARENT & ATHLETE CONCUSSION INFORMATION SHEET
can be found at:

http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_parent_athlete_info.pdf

Selection of sailing helmet styles found at Murrays:

<http://www.murrays.com/G-SH.html>

(This is provided for informational purpose and is not an endorsement of the retailer or the equipment)

Video introduction to different models of Gath Helmets:

<https://www.youtube.com/watch?v=VaX4vmjs9oE>

(This is provided for informational purpose and is not an endorsement of the retailer or the equipment)

Here is one sailing coaches 2012 Incomplete and Non-scientific Guide to Finding Yourself a Sailing Helmet Part 2- Selecting a Sailing Helmet:

<http://apparentwind.blogspot.com/2012/08/an-incomplete-and-non-scientific-guide.html>

While helmet choices have evolved since this guide was written it offers some useful observations relevant to sailors.

Video with visuals and explanation of concussion, symptoms, and when a specialist should be consulted:

<https://www.youtube.com/watch?v=tgChTeALF7g>

This video provides a more technical explanation of Concussion / Traumatic Brain Injury (TBI):

<https://www.youtube.com/watch?v=55u5Ivx31og>

Hard Knocks: Truth About Concussions:

<https://www.youtube.com/watch?v=Q7DMDy0A1xY>

Former Vice Chief of Staff of the U.S. Army, General Chiarelli, discusses the importance of giving the brain adequate time to heal from a concussion. He also shares how limited helmets are for preventing concussion in contact sports. [That doesn't mean helmets are not useful for sailors. Helmets should not be seen as a substitute for sailors taking an active role in learning safe sailing and how to avoid head trauma and injury.]

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