

GREEN MEDICAL ALERT

USA WRESTLING

The contestant named below has been cleared by the Tournament Medical Staff to safely return to competition as of the date and time of this ALERT.

Contestant's Name: _____ Age Group: _____

Date of Issue: _____ Time of Issue: _____

State/Organization: _____ Weight Class _____

Tournament Site: _____ Event: _____

COMMENTS: _____

YELLOW ALERT ISSUED: Y N

Signature: _____ Print Name: _____

This form must be recorded and returned to Pairing Official immediately.

(OVER)

USA Wrestling Concussion Guidelines

For USA Wrestling National Events and USA Wrestling tours the following steps should be followed:

1. Determine if the athlete has sustained a concussion. It is advisable to utilize a standardized assessment tool such as Sideline Assessment of Concussion; BESS; SCAT2 and record a specific score and document any observable, verbal complaint or measurable findings. Please include date and times of assessment after completion of match. These assessments cannot be performed on the mat.
2. At the Junior level and below, wrestlers will be held out of competition for a minimum of 24 hours **and must be cleared by physician and Tournament Medical Coordinator** and be completely symptom free after exertion.
3. At the FILA Junior level and above, it is recommended that the concussed athlete be held out of competition for a minimum of 24 hours and be cleared by physician and Tournament Medical Coordinator and be completely symptom free after exertion.
4. Signs and symptoms that should be evaluated as part of return to play guidelines must include:
 - a. Athlete questions about how they "feel" (See SCAT 2 for reference questions)
 - b. Balance
 - c. Memory
 - d. Eye Response
 - e. Concentration
 - f. Delayed Recall
 - g. Postural Control
 - h. Response to external stimuli
 - i. Failure occurs if wrestler is unable to complete task or reports increase or return of symptoms reported at initial assessment. Always include date and times of return to play assessment.
5. Wrestlers that have observable unconsciousness by tournament or tour medical staff must be transported via Emergency Medical Services for evaluation unless the unconsciousness is the result of clearly being "choked out".
6. All concussion assessments requires a YELLOW ALERT Form to be filed with head pairer with date and time.
7. Concussed wrestlers that are not send to hospital for evaluation must be given a "Post Concussion Management Instruction Sheet" and be released to a responsible Adult or in case of minor age athlete be released to parent/legal guardian or "in loco Parentis" and their parent/legal guardian be notified immediately.

It is recommended that any wrestler sustaining a concussion should be withheld from practice or competition for a minimum of seven days and not return to practice or competition until cleared by a medical professional and be symptom free after exertion. The wrestler should be followed for any change in symptoms for period of 10 days after return to practice or competition. If symptoms return the wrestler should be referred for further evaluation by a medical professional.