

## The NJISRA Alpine "Fall Protocol"

The alpine racing "Fall Protocol" was developed by NJISRA to enhance concussion evaluation. This '3' level fall system protocol is defined as follows:

**Level 1:** Is a fall that in any reasonable persons view was very benign. There is very little chance of any serious injury that a Coach would need to be appraised of. The Coach may or may not be notified. The incident is not documented.

Example: A Racer falls but gets back up and continues down course or skies off course, continuing to the bottom without reporting to an Official.

**Level 2:** This is a fall where the Racer may have received an injury. The Racer should inform their Coach of the incident. If observed by an Official, the incident will be posted as a Level 2 Fall along with Racer's bib number when DSQs are posted. That way Coaches will know to seek out their Racer. This will help protect the Official/Coach and Racer. Any Racer judged to have experienced a Level 2 Fall cannot take their next run without their Coach clearing the Racer with an Official. A Level 2 Fall is documented by an Official using the NJISRA Incident Report form , a copy of which is provided to the racer's Coach who determines if further medical evaluation is required.

Example: A Racer falls and needs sideline assistance to get up and/or off the course, but otherwise skis unattended to the Finish Area.

**Level 3:** This is a more serious fall. An announcement will be made at the Finish Area requesting that Racer and their Coach report to the Finish Official. Officials will post a Level 3 Fall & Racer bib number immediately. If a Racer believes they may have experienced a Level 3 Fall, they should report directly to the Finish Race Official. An Official will release the Racer to their Coach. It will be the Coaches responsibility to follow school concussion protocol. A Level 3 Fall is documented by an Official using the NJISRA Incident Report form, a copy of which is provided to the Racer's Coach. A Level 3 Fall generally requires a medical release to return to competition according to their school's protocol requirements. Such a release needs to be provided to and agreed by the NJISRA Executive Board before the race is cleared to participate.

Example: A Racer requires on-hill Ski Patrol assistance, and/or is escorted off the hill by Ski Patrol, or is suspected by an Official of experiencing a concussion.