**Competition Bulletin – Concussion Protocol - Supercross Futures**

Currently in Supercross Futures the Mandatory Supercross Concussion Program does not apply however ImPACT Baseline Test and their company offer a website and program with info available at [baselinetesting.com](http://baselinetesting.com/). The current cost is $20 and is up to date for 2 years. It is recommended that each Supercross Futures athlete complete a Baseline to follow the guidelines from the AMA Racing Rulebook regarding the concussion policy below.

AMA POLICIES 6.2 CONCUSSION POLICY

A. General 1. Definition – A concussion is an alteration in brain function related to a direct or indirect blow to the head. Indirect blows can be caused by acceleration and/or deceleration forces. Mechanisms in motorcycle racing can be a combination of forces. A concussion can cause alterations in cognitive (thought) visual, auditory, vestibular (balance), and other neurological functions. The magnitude of the crash does not reflect the magnitude of the injury.

2. Baseline Physical and Neurocognitive Testing

a. Baseline physical and neurocognitive testing can be helpful in determining when it is safe for the athlete to return to their chosen sport. It should be administered by a health care professional. It should be readily available to the athlete and their physician post injury and reproducible by the examining physician.

3. In Competition and Post Injury Care a. Any athlete SUSPECTED by medical or race officials to have sustained a concussion must be immediately removed from riding (play) and all other at-risk activities until cleared by a physician experienced in the evaluation and treatment of concussion. This is essential in the youth athlete. The rider will be removed from competition by the medical personnel on site and/or the Referee if necessary.

b. Evaluation should include repetitive physician evaluations, neurocognitive testing (with baseline test if available), and supervised gradual return to ride (play) protocol.

c. Although 80% of concussions resolve in 10-14 days, prolonged recovery may occur. Athletes at risk for prolonged recovery are those with a previous concussion history, children and adolescents, females, and those with associated signs or symptoms of more significant brain trauma.

d. Resumption of at-risk activities until recovery is verified should not be done as the athlete is placed at risk for catastrophic neurological injuries and long term sequalae

4. Through implementation of these rules, it is understood that all competitors in AMA sanctioned meets (or parent or legal guardian in the case of a minor) are responsible for their own safe being regarding concussion and associated follow up care and returning to ride. This does not supersede a decision by medical or race officials to remove a rider from competition when SUSPECTED to have sustained a concussion.