

# YELLOW MEDICAL ALERT

## USA WRESTLING

The contestant named below is on a medical hold and cannot compete until a **GREEN MEDICAL ALERT** is issued by the Tournament Medical Coordinator. This contestant is not withdrawn from competition until he or she has two losses and will be paired until two losses occur or **GREEN MEDICAL ALERT** is issued and he/she can safely return to competition.

Contestant's Name: \_\_\_\_\_ Age Group: \_\_\_\_\_

Date of Issue: \_\_\_\_\_ Time of Issue: \_\_\_\_\_

State/Organization: \_\_\_\_\_ Weight Class: \_\_\_\_\_

Tournament Site: \_\_\_\_\_ Event: \_\_\_\_\_

Problem: \_\_\_\_\_

Comments: \_\_\_\_\_

Coach Notified: Yes No

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_

**This form must be recorded and returned to Pairing Official  
Immediately.**

**(OVER)**

**If contestant is issued a YELLOW MEDICAL ALERT, the contestant must get a GREEN MEDICAL ALERT to continue in this competition at this tournament location. The tournament medical staff must approve of your safe return to competition. The tournament medical staff may require additional diagnostic tests, medical intervention or medical clearance by another physician. Example: If you received a YELLOW MEDICAL ALERT in the first style of competition and wish to compete in second style, you must obtain a GREEN MEDICAL ALERT from the tournament medical staff. This may require a physician clearance from another physician other than the tournament physician.**

**If you are issued a RED MEDICAL ALERT you will not be cleared to compete at this event regardless of a physician clearance form.**

**The decision of the Tournament Medical Coordinator or Tournament Medical Director is final and cannot be appealed or protested.**

## **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.