

2026 - 2027
USABS Athlete Handbook

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USABS CONTACT INFORMATION

The USABS staff contact information: https://www.usabs.com/contact-us

The USABS Athlete Advisory Committee information: https://www.usabs.com/aac

The USABS Board of Directors and Committees: https://www.usabs.com/board-of-directors

USABS MISSION, VISION, AND VALUES

Mission
Develop USA bobsled and skeleton athletes to compete at their best, on the track and in life.

Vision
A future where USA Bobsled/Skeleton sets the standard, wins the podium, and leads the world.

Values
S - Stronger Together
We collaborate, communicate, and support one another in pursuit of shared success.

L - Lead Forward
We learn, adapt, and hold ourselves accountable to continuous improvement.

I - Invest in People
We prioritize the growth and development of athletes, coaches, staff, and community members.

D - Drive Excellence
We execute with consistency, uphold high standards, prioritize safety, and ensure follow-through on commitments.

E - Expand the Sport
We grow awareness, access, and opportunities in bobsled and skeleton.

2026-2027 USA BOBSLED AND SKELETON CRITERIA

The USA Bobsled/Skeleton (USABS) Selection Criteria for the 2026-2027 season encompasses a number of phases and events. For additional information on the criteria for the current season, visit https://www.usabs.com/criteria.

Bobsled Team Combinations
The role of the U.S. Bobsled Team Selection Committee is to follow the USABS Selection Criteria to name the World Cup Team each season. This committee meets prior to the start of the season to determine World Cup Team members, midseason to review the National Team and prior to the IBSF World Championships or Olympic Games to determine each team.

USABS coaches are responsible for determining the team combinations for IBSF World Cup, NAC and EC competitions. Any remaining NAC/EC bobsled team combination openings will be determined by athletes and may include recommendations by coaches.

The number of athletes selected to the World Cup Team by the U.S. Bobsled Team Selection Committee will be based on IBSF quotas using the table below.

Men	**Pilots**	**Push Athlete(s)**	**Total**
Quota 1	1	4	5
Quota 2	2	8	10
Quota 3	3	12	15

Women	**Pilots**	**Push Athlete(s)**	**Total**
Quota 1	1	2	3
Quota 2	2	4	6
Quota 3	3	6	9
Quota 4*	4	8	12

*Based on IBSF Maternity Policy.

2026-2027 IBSF SCHEDULE

The IBSF schedule for each circuit can be found here: https://www.ibsf.org/en/inside-ibsf/downloads-resources.

USABS POLICIES & PROCEDURES

Membership in USA Bobsled/Skeleton is a privilege, not a right. All members, including athletes, coaches, officials, volunteers, and clubs must conduct themselves in a sportsmanlike manner, and be responsible for their actions in training, competition, traveling to and from events, and while at locations hosting games, camps, or events. Members are also responsible for knowledge of, and adherence to the rules and procedures of USABS. Unsportsmanlike conduct may result in removal from the team, an event, or future events.

Sportsmanlike conduct is defined as, but is not limited to: respect for opponents, competition officials, coaches, employees, the public; respect for facilities, privileges, and operating procedures; general courtesy and good manners; acting responsibly and maturely; refraining from the use of profane or abusive language; and abstinence from illegal and banned drugs.

Policies and procedures are in place to ensure equality, fairness, your safety, and the safety of the Team. USABS will provide an equal opportunity to athletes, coaches, trainers, managers, administrators, and officials to participate in bobsled and skeleton competitions without discrimination on the basis of race, color, religion, age, sex, sexual orientation, or national origin consistent with the mandates and policies of the U.S. Olympic and Paralympic Committee (USOPC) and the International Olympic Committee (IOC). All athletes, regardless of gender, representing the United States in bobsled and skeleton at an equivalent level of competition shall receive the equivalent and non-discriminatory medical care, travel arrangements, and reimbursements for expenses from USABS based on the Bobsled and Skeleton Athlete Progression Pathways (BAPP and SAPP). All USABS members must adhere to the following policies and procedures.

General USABS Policies & Procedures

- Absolutely no performance enhancing drugs, illegal stimulants, or recreational drugs are permitted.
- USABS will enforce all WADA and USADA anti-doping sanctions.
- Hazing and sexual harassment are not permitted.
- Abusive behavior towards athletes, coaches, or staff is not permitted.
- Mandatory attendance at group scheduled on-ice training, programs, and meetings.
- USABS is not obligated to make arrangements (flights, rooms, cars) for family and friends.
- Policy on athletes or staff traveling with children/family:
    - USABS recognizes the desire for some athletes and staff to travel with their children and/or families at both domestic and international competitions. If an athlete or staff member wishes to have a family member accompany them on funded trips, the following guidelines must be adhered to:
        - USABS will not cover any additional expenses incurred to accommodate the family members.
        - Any guest over the age of 18 who accompanies an athlete in team accommodations will be required to maintain a USABS General Membership and comply with all SafeSport and background check requirements.
        - The athlete or staff member must participate in all team functions without family members present unless approved by the Head Coach.
        - While training or competing, family members or friends may not enter restricted athlete/staff areas without the permission of the Head Coach.
        - If the family member is a minor, another adult must also be present, in addition to the athlete or staff member.
        - Only registered service animals are allowed to travel with staff or athletes.

        - Please be aware of the additional guidelines: https://www.usabs.com/athlete-resources
- Only athletes, coaches and staff may attend team meetings. Garages, changing rooms, and sport specific areas will be limited to athletes, coaches, and staff, who are part of the official USABS delegation, unless there is prior permission from the head coach.

USABS Bylaws & Policies

Anti-Doping

I understand and agree that the IBSF Anti-Doping Rules and U.S. Anti-Doping Agency Protocol for Olympic and Paralympic Movement Testing (USADA Protocol) and all other policies and rules adopted by the IBSF, USADA, and the USOPC apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of the IBSF and/or my national federation, if applicable or referred by USADA.

Membership

USABS membership cycle runs from July 1st - June 30th. Participation in any USABS and USOPC activities, including the ice house, camps, OPTC housing, and athlete stipends requires an athlete to have a complete membership before participation. A valid USABS Membership must be completed through Sport:80 and requires the following:

- Paid USABS Membership Fee - $100 for full or returning athlete members, $65 for junior athlete members and $25 for 30-day trial memberships.
    - Trial memberships are only available once per season. An athlete must upgrade to a full athlete membership once invited to return.
- USABS Waiver & Release of Liability
- U.S. Center for Safesport Training – Required only for participants 18 years of age and over and valid for one year from completion.
- NCSI Background Screening – Required only for participants 18 years of age and over and valid for one year from completion.
- USABS Physical – completed after April 1st for the upcoming season
    - Physicals will only be accepted on the USABS physical form and must be completed by a MD, NP or PA. The signature of a supervising physician is required where applicable.
    - Physicals will not and cannot be performed by a USABS or USOPC physician the first year of the quad. No exception will be made.
    - The 4-year medical examination page is required only once per quad, either the first year of the quad or when the athlete joins or returns to the sport.

Medical Care

USABS is committed to ensuring that all athletes have equivalent and nondiscriminatory medical care available at events when representing the United States.

Travel Policies & Procedures

All funded athletes traveling to events are entitled to equivalent and nondiscriminatory travel arrangements based on qualification through the BAPP and SAPP.

Flights

- Head Coaches and the Operations Manager set all flight schedules (World Cup and/or funded events) to and from the athlete's resident location.
- Athletes are not permitted to change any tickets booked and paid for by USABS without approval and written permission from the Operations Manager.
- If the Operations Manager approves an athlete's ticket change, the athlete is responsible for making all changes and paying any fees or expenses incurred.
- If USABS purchases a flight for an athlete and the athlete does not intend to take the flight, the athlete must notify the Operations Manager before the scheduled departure time so the reservation can be canceled and any available flight credit preserved. If the athlete fails to provide timely notice, the athlete will be responsible for reimbursing USABS for the cost of the unused ticket. USABS may also decline to purchase flights for that athlete in the future.

Luggage

- For fully funded athletes, USABS will reimburse up to $45 for one piece of checked baggage for flights within North America. For international travel, USABS will cover the first checked bag, which must comply with airline regulations for weight and size, only if the airline policy does not include the first bag checked for free. All additional luggage expenses are the responsibility of the athlete.
- To receive reimbursement of luggage expenses, athletes must follow the USABS Reimbursement Policy. If airline luggage policies change, these policies may be readdressed.
- USABS will pay for one skeleton sled and runner case for funded athletes.
- Athletes may be permitted to pack one additional duffle in the crates, if space allows. Athletes must communicate items intended for the crates to the Operations Manager at least 10 days prior to crate departure to avoid potential issues with customs clearance. Failure to communicate personal items for the carnet may result in shipment delays and/or additional customs fees that will be billed back to the athlete responsible.

World Cup Room/Board

- The Head Coach and Operations Manager will create the rooming lists with double occupancy.
- USABS will not room an athlete with another athlete of the opposite gender, unless they are a married couple.
- Married athletes may request to share team-arranged accommodations with their spouse, given that the following criteria is met:
    - Both athletes consent to the arrangement
    - The arrangement does not interfere with training, competition, recovery, team meetings, transportation, or other team obligations

    - The arrangement must not result in the displacement of another athlete or adversely affect the established room assignments
    - There is no additional cost to USABS
- If there is a single room available, this will be provided to the highest ranked bobsled pilot. Skeleton athletes will rotate the allocation of a single room, if available.
- If an athlete wishes to stay in a single room, they will be responsible for paying all additional expenses resulting from the request (to include an additional single upgrade if the then-remaining previously doubled athlete cannot be paired elsewhere), and must convey that desire to the Operations Manager prior to the start of the season. Single room requests are not guaranteed and subject to availability.
- Athletes are not permitted to make rooming changes. Any rooming changes made directly with the hotel by an athlete will be considered a code of conduct violation.
- Neither family, friends, nor visitors are permitted to linger in team members' rooms past curfew, unless granted permission by the Head Coach.
- Athletes staying in the team hotel are expected to eat all team meals together with appropriate attire per the dress code (no shorts, open-toe shoes, etc.).
- Any specific meal requests must be approved by the Nutritionist and conveyed to the Operations Manager at least seven (7) days prior to check-in. Athletes may NOT make specific food requests to the hotel or hotel staff.

Transportation

- USABS will provide rental vehicles while on the World Cup Tour for funded athletes commensurate with the team's needs per location.
- Athlete family members and friends are not permitted to ride in USABS vehicles.
- Each rental vehicle will be assigned to a specific team. Any member of that team is permitted to drive the vehicle, provided they meet rental company regulations.
- Rental agreements must be sent to the Operations Manager within 24 hours of picking up the vehicle.
- It is recommended that each team document who is driving the vehicle and when, as the assigned team is responsible for the vehicle and payment of any tickets issued. If the team has chosen to monitor driving, they may be able to assign charges to a specific team member. In the event a bill for a ticket is received by USABS, an invoice payable to USABS for the balance plus any applicable rental agency fees and/or wire transfer fees will be directed to the assigned team. USABS will not cover any expenses associated with traffic violations.
- Teams are responsible for taking pictures/video of vehicles prior to vehicle pick-up and drop-off. Failure to document any preexisting vehicle damages may result in damage charges ultimately becoming the responsibility of the assigned team.
- Teams must report damages to the Operations Manager immediately. The authorities must also be contacted for accidents/damages to preserve the ability for USABS to file a claim. If damages are not reported, the assigned team will be billed for the associated charges.
- For cargo vans, if damages are incurred, USABS will cover the first deductible charge. Additional charges are the responsibility of the assigned team.
    - When renting from Seven, USABS will, where possible, buy down the deductible

to 500 euro per instance of damage.

- Coaches and athletes should make every attempt possible to ensure vehicles are washed and the inside is clean before returning. Any cost incurred outside of normal wear to the inside of the vehicle will be the responsibility of the assigned team.
- Vehicles should be returned with a full tank of gas, unless otherwise communicated that fuel was pre-paid by the Operations Manager.
- If an athlete wishes to rent their own vehicle, they will be responsible for all related expenses including, but not limited to, gasoline, tolls, rental insurance, and reservations.

Sled Shipping

- Athletes are responsible for packing their container. Pilots must review and update the itemized packing list provided to them by the Operations Manager and return the updated packing list at least 10 business days prior to departure. Packing lists submitted less than 10 days before departure will result in the athlete incurring additional fees associated with the carnets.
- Pilots are responsible for all fines that may occur based upon errors in the submitted carnet.
- **DO NOT LOAD** - any hazardous or DG materials, liquids, batteries of any kind - these items will be identified by x-ray and will delay the shipment. This will incur additional costs if anything not permitted is identified by terminal or customs authorities. Additional costs will be the responsibility of the athletes.
- Athlete gear or personal items may not be stored in the USABS garage or the USABS Office. A bobsled pilot may request a designated assigned shelf in the boxing building to store their personal toolboxes, runners and equipment through the offseason.

Olympic & Paralympic Training Center (OPTC) Access

- Athletes and staff must complete all required paperwork including, but not limited to waivers, U.S. Center for SafeSport training, and NCSI Background Screenings *10 days prior* to any USABS sanctioned event. If the required paperwork is not complete by this time USABS may restrict OPTC access and participation in USABS activities.
- Formal acceptance for OPTC housing is based on bobsled/skeleton tiers and coaching and performance staff determinations. Acceptance into designated housing programs will come from the Director of Sport Performance. Resident athlete beds run from May 1st-April 30th of the following year.
    - Housing for camps, schools and competitions at the OPTCs will be requested by RSVP to Wufoo forms sent by the Director of Sport Performance or Operations Manager. Beds will only be allocated to athletes who complete the Wufoo form.
    - Athletes within the BAPP/SAPP who wish to request OPTC housing or facility use outside of designated camps, schools or competitions must do so to the Operations Manager at least 7 days prior to arrival. These requests are not guaranteed.
    - ANY OPTC-related requests, including but not limited to housing, transportation, nutrition, and special accommodations, must be directed to the Operations Manager. Athletes are not permitted to make any requests directly to OPTC personnel.

- Athletes who fail to arrive or depart on their designated travel date without providing adequate advance notice may lose OPTC privileges. Any changes to travel plans must be communicated directly to the Operations Manager. Notification to a coach or another staff member does not satisfy this requirement.

Staying at the LP and COS OPTCs is a privilege, and athletes must follow all OPTC policies during their stay. Olympic & Paralympic Training Center Handbook

OPTC Shuttles/Transportation Requests

- Transportation is available to and from the OPTC from the Albany, Saranac Lake, Montreal, Burlington and Plattsburgh Airports. Shuttle requests must be entered on the USABS Shared Transportation Document a minimum of 10 days prior to the scheduled arrival/departure and must include airline, flight #, and arrival or departure time.
- **Shuttles are subject to OPTC driver availability and are not guaranteed.**

- Shuttles are available during the following times:
  - Albany International Airport, Montreal Pierre Elliot Trudeau International Airport, Albany Amtrak Train Station:
    • Departure/Arrival times: 8AM – 9:30PM
  - Plattsburgh International Airport, Saranac/Lake Clear Regional Airport:
    • Departure/Arrival times: 7AM – 9:30PM
  - Burlington International Airport – Under special consideration
- Exceptions may be requested on a limited case-by-case basis but are not guaranteed. If flights are canceled or delayed, individuals must notify the OPTC at 518-523-2600 and the Operations Manager as soon as possible.

Shuttles must have 2 or more passengers total on the arrival/departure. (If only one person is arriving, and only one departing, they may utilize one shuttle, if flight times coincide.) Exceptions may be requested on a limited case-by-case basis.

- Individuals under the age of 18 may not travel alone in a vehicle with a driver – there must be another adult, or 1 other minor present.
- The LPOPTC reserves the right to retroactively charge a program/NGB for a shuttle if individuals who are signed up don't utilize the requested shuttle, causing the shuttle to only have one individual. This does not include absence due to unexpected delays/cancellations. If USABS is charged accordingly, this will be billed to the athlete(s) that no-showed.
- Single person shuttles may be provided to Saranac Lake and Plattsburgh Airports, but are not guaranteed and subject to driver/vehicle availability.
- Single person shuttles may be requested for all other locations at a cost to the athlete of $250 per trip, but are not guaranteed.

Individuals who are not signed up for a shuttle WILL NOT be permitted aboard said shuttle. This does not include last minute additions due to flight delays/cancellations.

Cancellations/Delays: LPOPTC Drivers are permitted to wait for delayed flights at the airport for 3 hours past the original scheduled arrival time. Once 3 hours have passed, the shuttle will be canceled/rescheduled, and the driver will return to Lake Placid.

Competition Integrity Policy
If either a pilot or push athlete refuses to compete, they will be replaced by the next highest ranked pilot or push athlete (by position), and the athlete who refuses to race can elect to remain with the team on a self-funded basis, or USABS will fund their flight home. Athletes are not required to compete due to a medically excused injury or equipment concerns.

All athletes are expected to uphold the Olympic values and ideals while representing the USABS in competition and training. This includes, but is not limited to, international and national races, on- and off-ice training, race-offs and other data collection, and equipment testing. Failure to display a high level of integrity, morals/ethics, and sportsmanship can result in disciplinary action.

Disciplinary Action
Failure to comply with any of the above provisions is a violation of the USABS Team Policies and may lead to disciplinary action by the CEO with input from relevant parties. The severity and the number of violations will be taken into account when disciplinary action is taken.

Waiver Request Policy
All waiver requests (medical & non-medical) will have a $100 fee per waiver request. Individuals whose waivers are approved will receive a full refund. Denied requests are non-refundable.

Personal Insurance
To ensure USABS athletes have the appropriate insurance/protection while competing, athletes must carry personal insurance as a requirement for membership.

Travel Accident Insurance

- All athletes while competing or forerunning internationally will have their travel insurance premium fees arranged and covered by USABS. If competing or training on any circuit other than World Cup, it is the athlete's responsibility to communicate, at least seven (7) days in advance, their need for coverage to the Operations Manager. All athletes must request coverage when competing in international events.
- Athletes are responsible for all costs associated with services received. If USABS pays any upfront fees associated with treatment, these will be billed back to the athlete.
- Any change in dates or alterations in coverage must be communicated to the Operations Manager as soon as possible to allow for billing adjustments. Failure to do so will be the sole financial responsibility of the athlete.
- Policy highlights include:
    - Accidental and Medical Sickness Expense up to $250,000 for a covered Occurrence.
    - 24 hours Accident Protection While on a Specified Trip

Outstanding Invoices

- Invoices issued to athletes will be subject to late fees if not paid within thirty (30) days of their issue. A 2% interest charge will be added to the balance of the invoice once it has been outstanding for thirty days, and for every additional thirty days thereafter.

- In order for an athlete to be a member in good standing with USABS, all invoices must be paid.
- Failure to make efforts to resolve your debts will be considered a USABS Team Policy or Code of Conduct violation.

Requests for Reimbursement

- Certain expenses may be reimbursable to funded athletes. Athletes seeking reimbursement for out-of-pocket expenses must submit a receipt to the CFO within 30 days of the expense being incurred. The receipt must show the date of the transaction, amount, vendor, and line-item expenses.
- Requests for reimbursement will be reviewed by the CFO and respective team coach for approval. If a receipt is submitted more than 30 days after the expense is incurred, it will not be approved for reimbursement.

IBSF Licenses

- Athletes are required to present a valid IBSF license prior to competing in IBSF sanctioned events.
- In order to obtain an IBSF license, an athlete must be an active USABS Athlete Member in good standing with USABS. It is the responsibility of the athlete to ensure that all information is provided to complete the membership application process (physical, code of conduct, background check, Impact test).
- USABS membership does not automatically guarantee that USABS will support an IBSF license.
- USABS will only provide an IBSF license to athletes who are competing or training in IBSF events. The IBSF license is valid for one season (October 1 – September 30).
- An athlete must be declared medically fit to participate in bobsled and/or skeleton to be granted an IBSF license. All medical portions of the membership application must be completed for review by the USABS Chief Medical Officer. It is the Chief Medical Officer's determination, based upon the information provided, any examinations, or additional information requested, if the athlete is medically fit to hold an IBSF license. It is the responsibility of the athlete to provide additional information as requested by the Chief Medical Officer.
- Requests for an IBSF license made less than five days before competition are not guaranteed.

Grievances, Suspensions and Appeals

Team USA is committed to principles of fairness, due process, and equal opportunity. Members are entitled to fair treatment, in compliance with USABS and USOPC policies and procedures. Members are also entitled to fair notice and an opportunity for a hearing before being prevented from participating in protected competition.

Appeals or disputes related to team selection are required to be submitted within 72 hours of selection announcement.

USABS TEAM POLICIES

Athlete Pledge
I pledge to uphold the spirit of the USABS Team Policies (the "Team Policies"), which offers a guide to my conduct as a member of the Team (the "Team"). I acknowledge that I have a right to a hearing if my opportunity to compete is denied or if I am charged with a violation of the Team Policies. I have familiarized myself with the Team Policies and understand that acceptance of its provisions is a condition of my selection to the Team.

Athletes receiving funding or equipment support are required to participate in all events that are determined by the coaching staff to be in the best interest of the team. These events may include, but are not limited to, IBSF races on all levels, Selection Races, Push Championships, team camps, and training camps. Refusal to participate may result in a reduction of financial or equipment support.

As a Member of the Team, I hereby promise and agree that I:

- will abide by all rules related to the Selection Races procedures as approved by USABS;
- have acted and will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct;
- will maintain a level of fitness and competitive readiness that will permit me to compete satisfactorily in USABS training camps and competitions designated by USABS. Accordingly, I agree to train and compete as a member of the USA Team and to fulfill the training and competition program as mutually agreed upon with the respective Team Coach. I will also provide written monthly training and competition reports to my respective Team Coach upon request.
- will submit to a physical exam if my ability to compete is compromised;
- will adhere to all USABS and U.S. Center for SafeSport policies;
- will not commit a doping violation as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), the United States Anti-Doping Agency (USADA), the United States Olympic & Paralympic Committee (USOPC) or the International Bobsleigh and Skeleton Federation (IBSF) rules;
- am not currently serving a suspension because of an anti-doping rule violation and have no pending or unresolved anti-doping rule violation, except as I have informed USABS in writing, and I understand that such suspension, or pending or unresolved anti-doping rule violation may be cause for my not being selected to the Team;
- will not engage in any conduct that is criminal under any laws applicable to me, including, but not limited to laws governing the possession and use of drugs and alcohol and providing of drugs to any person and of alcohol to minors;
- will not participate or assist in any gambling or betting activities associated with any event related to my sport or my participation;
- am eligible to compete under the rules of IBSF;
- will refrain from conduct detracting from my ability or that of my teammates to attain peak performance;
- will not lend or rent USABS equipment to athletes from a competing nation (regardless of discipline) without written prior approval from a head coach and CEO;

- will respect the property of others whether personal or public, including property and equipment owned or provided by USABS sponsors;
- will respect and protect USABS sleds, intellectual property, and other equipment;
- will respect members of my Team, other teams, spectators and officials, and engage in no form of discriminatory behavior or verbal, physical or sexual harassment or abuse;
- will follow my Team's rules, including by way of example, rules regarding curfew and required attendance at team meetings;
- am aware that USABS sponsors, suppliers, and licensees provide critical support to the Team and, in recognition of this fact, I will wear designated USABS apparel at all official Team competitions (except in the case of Personal Performance Gear), official training, functions and events;
- will not conceal or cover-up any USABS sponsor, supplier, or licensee brand or other identification appearing on USABS apparel or equipment;
- agree to be filmed and photographed by the official photographer(s) and network(s) of USABS under conditions authorized by USABS and give event organizers and USABS the right to use my name, picture, likeness, voice and biographical information before, during and after the period of my participation in these activities to promote the activity in which I participate or to promote the success of the team on which I compete; in no event may USABS or the event organizers use or authorize the use of my name, picture, likeness, voice and biographical information in a manner that would imply an endorsement of any company, product, or service, without my written permission;
- will not use or authorize the use of photographs, films or videos of myself in my USABS apparel or equipment or the use of the USABS logo for commercial purposes, without the prior written consent of USABS;
- will not use or authorize the use of photographs, films or videos of my teammates for commercial purposes without written consent by my teammates;
- will not author, forward, or post vulgar or offensive notes, texts, photographs, or other content online that reflects negatively on me, my team, other individuals, or USABS, or that conflict with the spirit or intent of the Team Policies, including but not limited to hateful, inflammatory, anti-American rhetoric or sexually explicit content. Whenever possible, I will discourage others from posting vulgar or offensive notes, texts, or photographs of similar content online that could be deemed unflattering or damaging to my, or others', reputation, or the reputations of the team, USABS, or USABS sponsors.
- understand that if I require legal representation because I am accused of a doping violation or am accused of criminal misconduct, or if for any other reasons I require the services of an attorney, I will be personally responsible for payment of such legal fees and expenses;
- will act in a way that will bring respect and honor to myself, my teammates, USABS and the United States, and will adhere to the core values of USABS; and
- will conduct myself as an ambassador for my sport, my country, and the Olympic Movement.

Failure to comply with any of the above provisions is a violation of the USABS Team Policies and may lead to disciplinary action as determined by the CEO, with input from relevant parties. The severity and the number of violations will be taken into account when disciplinary action is taken. Disciplinary action for violation of any provision in the Team Policies may include any, all

or any combination of the following: (i) a written reprimand; (ii) probation; (iii) imposition of fines (including with respect to reimbursement of expenses incurred by USABS); (iv) reduction of financial or equipment support; (v) suspension or removal from the appropriate Team.

The Athlete has a right to fair notice and an opportunity for a hearing per Article 9 of the USOPC Bylaws prior to USABS denying the opportunity to compete of any Athlete.

Athlete Ombuds
Athletes may contact the USOPC Athlete Ombuds, toll free at 888.ATHLETE (888.284.5383), ombudsman@usathlete.org or visit https://www.usopc.org/athlete-ombuds for further information regarding rights under this Code.

Athlete Retirement and/or Return from Retirement
All athletes must contact USABS with their intention to enter retirement or return from retirement. An athlete must also follow the guidelines and procedures from the United States Anti-Doping Agency (USADA). USADA's policy can be found here: https://www.usada.org/wp-content/uploads/retirement_policy.pdf.

STATEMENT OF ATHLETE EXPRESSION

Athletes of USABS come from all parts of America and have many different views, lifestyles, experiences, and beliefs. Given such diversity of viewpoints, this statement is intended to help further enhance team unity by defining when and where athlete expression should take place. In the spirit of alignment and consistency, USABS encourages athletes' expression of their personal views and beliefs when such expression is at times and in manners permissible under USOPC and IOC guidelines. Additionally, USABS fully values and supports athletes' rights to freedom of expression in ways that are consistent with this statement, USABS values, and the bylaws of USABS, which emphasize the central principles of non-discrimination, equality, and respect for the rules of the sports of bobsled and skeleton.

Specifically, USABS permits athletes to thoughtfully utilize opportunities to express their views and beliefs in a variety of circumstances including, but not limited to: at press conferences or during other interactions with the media, at team meetings, and through digital or social media channels. At all times when expressing their views, athletes are expected to respect their fellow athletes and other participants. Just like any other individuals, athletes are also expected to ensure compliance with applicable legislation.

To help avoid non-neutral distractions from competition, no kind of demonstration or political, religious, or racial propaganda is permitted on the field of play or during medal, opening, closing, or other official ceremonies. Additionally, any behavior and /or expression that constitutes or incites discrimination, hatred, hostility, or the potential for violence on any basis whatsoever is contrary to USABS values and bylaws. Any violation of this statement will be evaluated, and any remedial measures will be determined by USABS leadership in consultation with athlete representatives and/or other resources as necessary.

USABS-SANCTIONED EVENTS

The Athlete acknowledges that USABS has the exclusive right to event-related marketing at all USABS-sanctioned and USABS-produced competitive events, including USABS issued start numbers, which may include the name and logo of one or more USABS sponsors.

Sponsors

A**.** The Athlete may display Athlete Sponsors' names or logos in the Athlete-designated areas only. The Athlete may *not* display the name or logo of an Athlete sponsor if that Athlete sponsor is a competitor of a USABS sponsor or supplier. The Athlete may not modify, remove or cover markings of a manufacturer on any USABS-approved uniforms or equipment, regardless if the manufacturer's mark is located within the Athlete designated area. If a manufacturer's mark is located within an Athlete-designated area, then comparable space will be approved in an alternate location on the uniform or equipment.

B. USABS will display and identify USABS sponsors, partners, and suppliers on its website (**www.USABS.com**).

C. USABS shall request the Athlete to cover or remove any Athlete sponsor name or logo that does not comply with the terms of this Agreement. In the event the Athlete does not comply, USABS shall have the right to cover or remove any Athlete sponsor name or logo that does not comply with the terms of this Agreement.

1. USABS agrees to use reasonable efforts to cover such signage in a way that minimizes air or wind resistance.

2. USABS will not be responsible for any effects on the competitiveness of the Athlete because of the removal or covering of the sponsor name or logo.

3. The Athlete releases and does not hold USABS and its directors, officers, employees, volunteers and agents liable from any and all claims related to the removal or covering.

Competitive Equipment and USABS-Approved Uniforms

Definitions

A. Athlete Designated Area- the portion of the Competitive Equipment and USABS-approved uniforms on which the Athlete can display the names and logos of personal sponsors.

B. Athlete Sponsor- any sponsor or supplier of the Athlete where the sponsor is entitled to receive marketing or promotional benefits.

C. USABS-approved uniforms may include:

1. Jackets (winter, lightweight, fleece, rain)
2. Shirts (T-shirts, polo shirts, long-sleeve shirts, turtlenecks)
3. Pants (winter, tear-away, stretch, tights, shorts)
4. Training apparel (warm-up suit)
5. Head gear (baseball cap, winter hat, headband)
6. Footwear (winter boots, socks, gym shoes)
7. Miscellaneous (travel bag, backpack, gloves, mittens)

D. Competitive Equipment- Personal performance gear that has a material effect on the performance of the Athlete during the actual sports competition as determined by the USOPC.

Competitive Equipment for Skeleton includes:

1. Sleds
2. Helmets & visor
3. Start shoes
4. Competition race suits/Speedsuit
5. Goggles
6. Gloves
7. Mouth Guards

Competitive Equipment for Bobsled includes:

1. Sleds
2. Helmets & visors
3. Start shoes
4. Goggles
5. Gloves
6. Mouth Guards

USABS and USABS Sponsor and Supplier Mark Use

A. The use of any USABS or USABS Sponsor or Supplier Mark is prohibited without the expressed written consent of USABS.

B. The Athlete agrees to refrain from referring to, publishing (print or electronically), or broadcasting any works of authorship created by or for USABS to imply or create improper or fraudulent endorsement by USABS.

Confidentiality

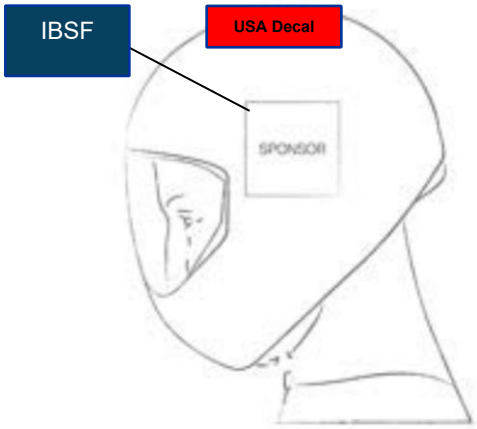
The Athlete agrees not to reveal or disclose to any person, orally or in writing, USABS' or its sponsors' confidential information.

Sponsor Space

Athletes may include personal sponsor logos once per item (helmet, hat, jacket, and skeleton sled).

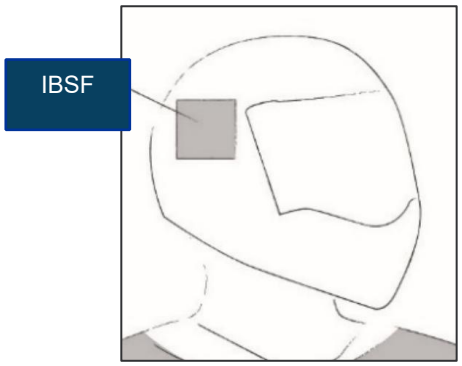
Athlete Sponsor Space: World Cup Bobsled Helmet

- Athlete sponsor logos must not be larger than 16 square inches (ex. 4" x 4" or 2" x 8").
- All space not designated as IBSF Sponsor Space is available for athlete sponsor logos (see below).
- USABS will provide an optional USA decal. It is not required that athletes use this decal.



Athlete Sponsor Space: World Cup Skeleton Helmet

- Athlete sponsor logos must not be larger than 16 square inches (ex. 4” x 4” or 2” x 8”).
- All space not designated to the IBSF is available for athlete sponsor logos.



Athlete Sponsor Space: World Cup Podium Jackets

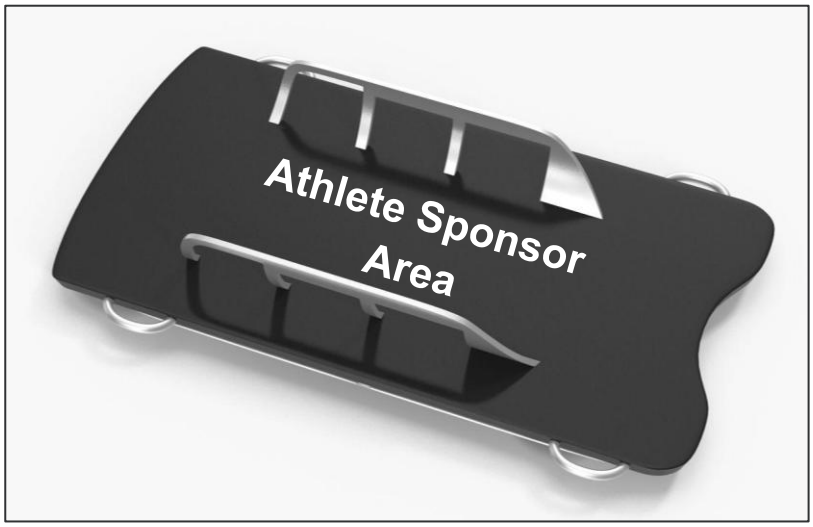
- Athlete sponsor logos may be applied to the back of the World Cup Podium Jacket.
- Athlete sponsor logos must not be larger than 16 square inches (ex. 4” x 4” or 2” x 8”).
- Athlete sponsor logos must be at least 4” from any USABS sponsor logo or mark.

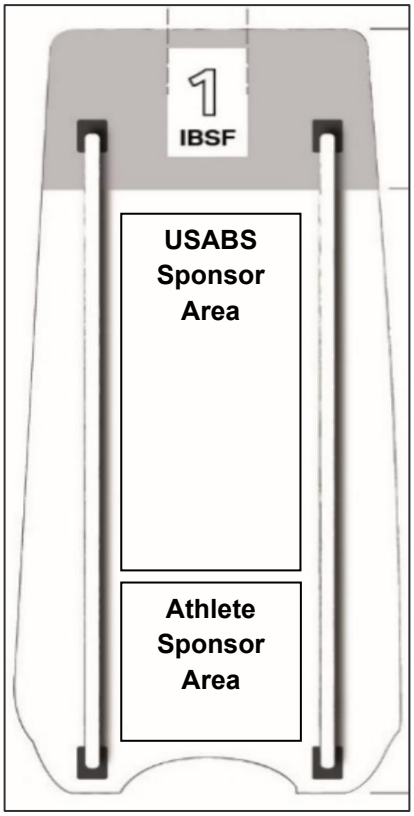
Athlete Sponsor Space: Hats

- Athlete sponsor logos may be applied to a winter hat or ballcap, whether it is a USABS-provided hat or athlete-provided hat.
- All hats must be USABS apparel sponsor hats.
- Athlete sponsor logos must not be larger than 9 square inches (ex. 3” x 3” or 2” x 4 ½”).
- Athlete sponsor logos must be at least 3” from any USABS sponsor logo or mark.

World Cup Skeleton Athlete Sponsor Space

- Athletes may place personal sponsor logos on the padded side of the sled and the lower 12” of the runner side of the sled.
- Athlete sponsor logos must not be larger than 16 square inches (ex. 4” x 4” or 2” x 8”).

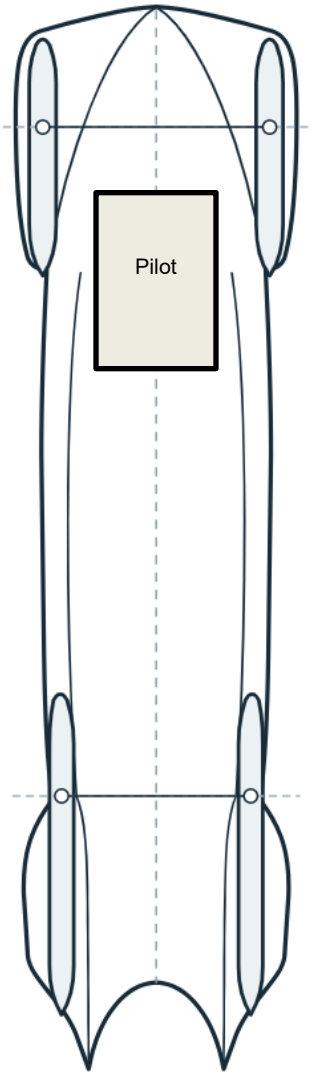

Athlete Sponsor
Area


1
IBSF
USABS
Sponsor
Area
Athlete
Sponsor
Area

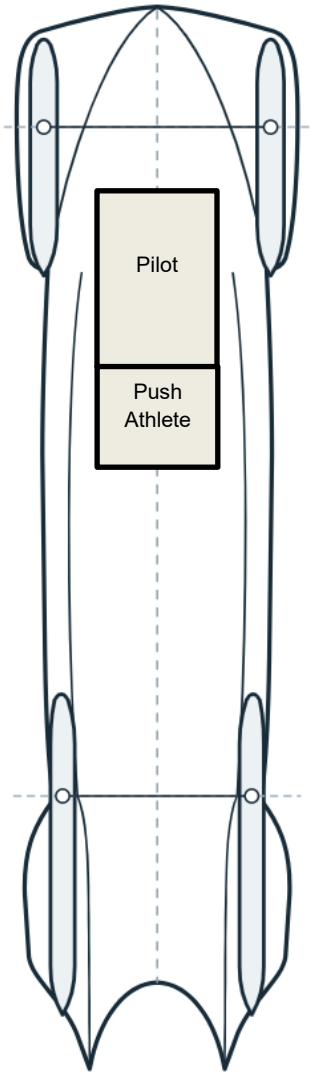
NAC, EC, AC and World Cup Bobsled Athlete Sponsor Space

- The bottom of each sled is available for Athlete sponsor branding, as shown below.
- The pilot is allocated a 1-foot-by-2-foot branding area.
- Each push athlete is allocated a 1-foot-by-1-foot branding area.
- Each Athlete sponsor logo may be a maximum of 24 square inches (for example, 6 inches by 4 inches or 12 inches by 2 inches).
- Each Athlete sponsor's name or logo may appear only once on a sled.
- Sponsor's name or logo may not be displayed if that sponsor competes/conflicts with a USABS sponsor or supplier.

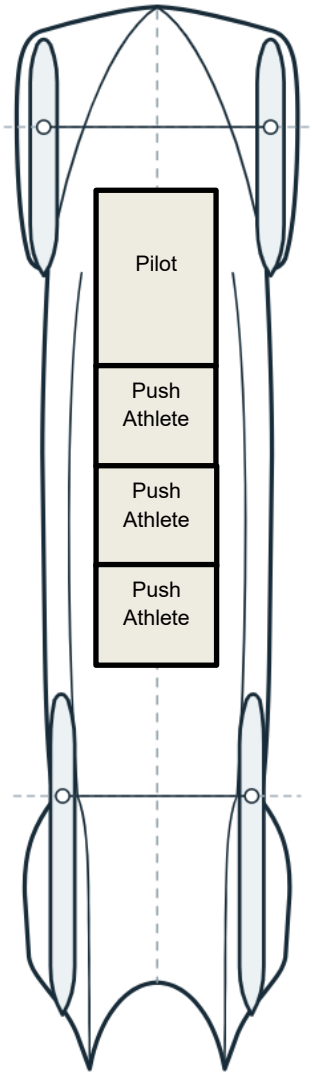
Monobob



2-Man/Woman



4-Man



Sled Trucks/Vehicles

- Athletes may display NIL and personal sponsor logos on vehicles rented by USABS.
- There are no restrictions on logo size.
- Logos must be non-adhesive and removable. Magnets, static-cling, or peel-and-stick vinyl decals are recommended.
- Athletes must remove all decals before returning the vehicles.
- Athletes are responsible for any logo-related costs or fees charged by the rental company.
- Sponsor's name or logo may not be displayed if that sponsor competes/conflicts with a USABS sponsor or supplier.

USABS Podium and Leader Box Apparel

- Podium Apparel - All athletes at World Championship and World Cup events must wear the designated World Cup Team jacket with sponsor logos, Under Armor pants and Under Armor hat while on the podium.

- Leader Box Apparel - All athletes at World Championships and World Cup events must wear the designated World Cup Team jacket with sponsor logos. Any pants or hats must be Under Armor.

- Other Sites – All athletes at World Championship and World Cup events must wear the designated warmup gear or other clothing designated by USABS in the venue at such competitions and during media interviews held in connection with such competitions.

Skeleton Speedsuits

- USABS Speedsuit - If an athlete chooses to wear the USABS-provided speedsuit at World Championship and World Cup events, the speedsuit will include logos of USABS sponsors and the manufacturer of the speedsuit.

- Non-USABS Skeleton speedsuit - If an athlete chooses to use his/her own speedsuit at World Championship and World Cup events, the design of that speedsuit must be approved by USABS and must include USABS-sponsor logos.

USABS ATHLETE SAFETY POLICY

Introduction
USA Bobsled/Skeleton ("USABS") is committed to creating a safe and positive environment for athletes' physical, emotional and social development and to ensuring that it promotes an environment free of misconduct and abuse.

USABS, as a recognized National Governing Body by the U.S. Olympic & Paralympic Committee (the "USOPC"), is under the jurisdiction of the U.S. Center for SafeSport (the "Center") and subject to the Center's SafeSport Code for the Olympic and Paralympic Movement (the "SafeSport Code"). The Center, the USOPC and federal legislation all promulgate policies and procedures to safeguard amateur athletes and this policy reinforces those principles by providing specific application for USABS.

The USABS Athlete Safety Policy (the "Policy") and the USABS Minor Athlete Abuse Prevention Policy (the "MAAPP") work in concert to forward our organization's commitment to the prevention and education efforts aimed at creating an environment free of emotional, physical and sexual misconduct and abuse, and to ensure effective and prompt resolution upon the allegation of misconduct and/or abuse.

This Policy, in addition to other USABS policies, are posted here.

Nothing contained in this policy is intended to supersede, replace, or otherwise abrogate the USABS Bylaws, the Ted Stevens Olympic and Amateur Sports Act, or the U.S. Center for SafeSport Code for the U.S. Olympic and Paralympic Movement.

Section I. Application

1.1. **Participants.** This Policy applies to those individuals defined as Participants by the Center's SafeSport Code. Specifically, this policy applies to the following individuals (the "Participants"):

a) A member or license holder of USABS;
b) USABS Employee/Intern;
c) Members of the USABS Board of Directors and Advisory Directors;
d) Members of USABS Standing Committees;
e) USABS Athlete Members (Athlete & Junior Athlete);
f) USABS Technical Members (B-Coaches and Officials);
g) Volunteers officially recognized as such by USABS[1];
h) Within the governance or disciplinary jurisdiction of USABS;
i) Contractors, vendors and other individuals who are authorized, approved or appointed by USABS to have regular contact with and/or authority over athletes;
j) Personal Care Assistants officially recognized as such by USABS; and
k) Any other individual determined by USABS to be a "Participant".

1.1.1. **Exception**. In limited circumstances, USABS may determine an individual(s) otherwise meeting the definition of Participant in 1.1. will not be deemed to be a Participant(s).

[1] This policy may not apply to volunteers and others who only have incidental and observable contact with athletes.

1.2. **Dual Jurisdiction.** A USABS Participant may also be identified as a USOPC Participant and subject to the USOPC Athlete Safety Policy and other applicable policies of the USOPC.

Section 2. Jurisdiction

2.1. **Coverage.** For the purposes of this Policy, USABS shall have jurisdiction to investigate and resolve allegations of Prohibited Conduct (as defined in Section 9) that are not within the Center's jurisdiction (exclusive and discretionary) and that are not related to a matter wherein the USOPC asserts jurisdiction.

2.2. **Relevant Organizational Policies.** Allegations against USABS employees may be addressed through the USABS's employment policies and procedures, and may also be addressed under this Policy. In addition, USABS may address violations of this Policy under other relevant organizational policies (e.g. USABS Bylaws, USABS Code of Conduct). USABS may address allegations against Constituents under additional relevant organizational policies (e.g. Bylaws).

Section 3. Prevention Policies

3.1. **MAAPP.** Although there are a small number of minors within the USABS membership, USABS recognizes additional safeguards are paramount to the well-being of minors. As such, USABS has formally adopted the mandatory components of the "required Policies for One-on-One Interactions" of the Center's Minor Athlete Abuse Prevention Policies. All Participants are subject to the USABS Minor Athlete Abuse Prevention Policy (the "MAAPP").

3.2. **Education and Training.** USABS requires that all Adult Participants remain current with the required training outlined in Part I of the MAAPP. This includes, but is not limited to, the following:

3.2.1. **SafeSport Trained Core Course.** Required for all Adult Participants (a) before regular contact with an athlete AND within the first 45 days of either initial membership or upon beginning a new role subjecting the individual to the MAAPP, whichever comes first and (b) every fourth year.

3.2.1.1. **Medical Provider Exception.** Adult Participants who are recognized by USABS as USABS medical providers may elect to take the Health Professionals Course in lieu of the SafeSport Trained Core course.

3.2.2. **Refresher Training.** Required for all Adult Participants on an annual basis, beginning the calendar year after completing the SafeSport Trained Core course as prescribed in 3.2.1.

3.2.3. **Minor Training.** USABS will, on an annual basis and subject to parental consent, offer and provide training to Participants who are minors on prevention and reporting of child abuse.

3.2.4. **Parent Training.** USABS will, on an annual basis, offer training to parents of minors on the prevention and reporting of child abuse.

3.2.5. **Exemption for Survivor.** Exemptions from the education and training requirements found in Part I of the MAAPP will be made on a case-by-case basis for victims/survivors.

Requests may be made through USABS at athletesafety@usabs.com or directly to the U.S. Center for SafeSport at exemptions@safesport.org.

3.2.6. **Accommodations.** USABS will work with individuals with disabilities and individuals with limited English proficiency on a case-by-case basis to satisfy these education and training requirements.

3.2.7. **Tracking Requirements.** USABS will track all education and training requirements and perform periodic checks to ensure compliance with this Policy.

3.3. **Background Check Policy**. In an effort to further foster a safe environment, USABS is subject to the USOPC's Responsible Sport Organization Background Check Policy (the "RSO Policy"). As such, USABS requires criminal background screening as follows:

3.3.1. **Application.** The following shall be subject to the requirements of the Background Check Policy:

a) All Adult Participants as identified in Section 1.1.;
b) Any non-athlete individual that USABS authorizes to train, stay or work at an Olympic & Paralympic Training Center, Training Site, or competition events to which USABS sends athletes; and/or
c) Any other individual age 18 or over USABS formally authorizes, approves or appoints to (a) serve in a position of authority over or (b) have regular contact with athletes. For purposes of clarification, USABS is considered to formally authorize, approve or appoint an individual in instances where USABS has control over the appointment process.
d) Additional individuals as required by the RSO Policy and identified by USABS.

3.3.1.1. **Dual Jurisdiction.** In addition to the RSO Policy, a USABS Participant also identified as a USOPC Participant will be subject to the USOPC Background Check Policy.

3.3.2. **Timing.** USABS requires a full background screening for all applicable adults as identified in 3.3.1 prior to commencement of membership. At a minimum, full background checks will be conducted every two years thereafter. A supplemental background check will be conducted in the off-years utilizing the supplemental background check search components identified in the RSO Policy.

3.3.2.1. **Age of Majority.** Athletes shall have 45 days after reaching the age of majority (18 years of age) to come into compliance with this background check policy.

3.3.3. **Search Components.** Full and supplemental background checks will be subject to the required search components as outlined in the RSO Policy.

3.3.4. **Tracking.** USABS will track all background screening and perform periodic checks to ensure compliance with this Policy.

3.3.5. **Findings Review.** Any USABS-initiated background check that results in a negative finding (e.g. red flag/red light) will be subject to USABS Official Background Screening Review Process to determine any potential impact on membership.

3.4. **Self Disclosure.**

3.4.1 **Criminal History.** Each Participant has the affirmative duty to disclose his/her criminal history. Failing to disclose or intentionally misrepresenting an arrest, plea, or conviction history in an application or any other information provided by a Participant during the screening process is grounds for employment, volunteer, and/or membership revocation or restriction, regardless of when the offense is discovered.

If an applicant (1) is arrested, (2) pleas or (3) is convicted of a crime other than a minor, non-criminal traffic offense during the screening process, the applicant is required to disclose such information immediately.

In the event a Participant (1) is arrested, (2) pleas or (3) is convicted after the completion of the screening process, he or she has an affirmative duty to disclose such information immediately and report the offense and/or disposition to USABS at athletesafety@usabs.com.

3.4.2. **Sport Sanctions/Disqualifications.** Any applicant and/or Participant who has been declared as suspended or permanently ineligible by another sport organization must self-disclose this information. In addition, sanctioning or risk-mitigation measures (i.e. required chaperone) related to a violation of emotional, physical or sexual misconduct must be reported. A failure to disclose is a basis for disqualification for potential applicants and a basis for disciplinary action of Participants.

3.4.3. **Criminal Activity While a Participant.** If, during the course of employment or participation in USABS programs or activities, a Participant is accused, arrested, indicted or convicted of a criminal offense against a child, it is the duty and responsibility of the Participant to notify USABS at athletesafety@usabs.com.

Section 4. Prohibited Conduct

Participants are prohibited from engaging in conduct (or failing to report prohibited conduct and/or abuse) identified in this section as prohibited conduct.

4.1. **Violations of the SafeSport Code**. USABS adopts and incorporates herein the definitions of Prohibited Conduct, as defined in the SafeSport Code.

4.2. **Violation of MAAPP**. Participants are prohibited from violating the MAAPP.

4.3. **Violation of USABS's Process**. Participants are prohibited from engaging in Prohibited Conduct as it relates to USABS processes; such as, but not limited to, failing to make a required report under this Policy, Retaliation, Aiding and Abetting, Intentionally Filing a False Allegation and Abuse of Process.

Section 5. Reporting Allegations of Prohibited Conduct

USABS recognizes it can be difficult for an athlete, teammate, co-worker, friend or family member to report an allegation of misconduct and strives to remove as many barriers to reporting as possible. Please recognize the reporter's critical role is simply to report the

allegation to the appropriate entity(ies). It is not the reporter's responsibility to evaluate the credibility of the allegation, gather additional information, or investigate the incident. Individuals needing assistance with reporting or having questions about appropriate reporting protocol should contact athletesafety@usabs.com.

5.1. **Mandatory Reporter Designation.** Although USABS strongly encourages all Participants to strengthen our culture by reporting allegations of Prohibited Conduct, Adult Participants are mandatory reporters and must report suspicions or allegations of Prohibited Conduct as directed in this section. Adult Participants are required to know their reporting requirements under this Policy, the Safesport Code, state law, and federal law.

5.2. **Sexual Misconduct and Child Abuse**

- The Center has exclusive jurisdiction over allegations of sexual misconduct and child abuse, including sexual and physical abuse.

- **Report Sexual Misconduct and Child Abuse Immediately to the U.S. Center for SafeSport** online at https://uscenterforsafesport.org/report-a-concern.

--AND—

- **Report Child Abuse Immediately to Law Enforcement.**

--AND—

- **Comply with any other applicable reporting requirements under state law.**

  Important: If an Adult Participant learns of information and reasonably suspects that a Minor has suffered an incident of Child Abuse (to include neglect, physical, emotional and sexual abuse) they must report this to both law enforcement (or in some states child protective services) and the Center immediately and comply with any other applicable reporting requirements under Federal law and State law. **Filing a report with the Center does not satisfy the reporting requirement to law enforcement.**

  Note: Individuals reporting to law enforcement are encouraged to request, retain and provide to the Center the applicable case identification number, investigator name and/or contact information, if available.

5.3. **Report Emotional, Physical and other Prohibited Conduct and MAAPP Violations.**

- Promptly report allegations of emotional, physical or other Prohibited Conduct and allegations of MAAPP violations by providing as much relevant information as possible (e.g. reporting parties name and contact information, alleged misconduct/concern, date of incident, location of incident, individuals involved and their roles, ages and contact information, if known, including potential bystanders/witnesses) and attach any relevant documentation to USABS:

  - **Online: athletesafety@usabs.com**

- p **Phone/In Person: USABS Compliance and Membership Services Manager and/or the USABS CEO.**

- ***Note: Nothing precludes an individual from reporting emotional, physical and/or other Prohibited Conduct or violations of the MAAPP to the Center.*** If doing so for a specific concern such as conflict of interest, the individual is encouraged to note this on the incident report form. If the Center does not assume jurisdiction, it has a process to route the allegation to the appropriate entity for review, response and resolution.
- If an allegation of sexual misconduct or child abuse is received by USABS, the matter will be referred to the appropriate law enforcement or child protective entity and the Center. USABS does not attempt to evaluate the credibility or validity of such an allegation as a condition for reporting to appropriate law enforcement authorities.
- USABS will forward any reports it receives that fall under the Center's exclusive jurisdiction to the Center immediately, but no later than 24 hours. In addition, USABS will request the Center take discretionary jurisdiction in matters it deems prudent to do so.
- USABS will inform the identified reporting party of its jurisdictional determination regarding their report to USABS, communicate that the matter is being referred to the Center, addressed by USABS, or referred to a local affiliated organization.

5.4. **Escalation of Reports.** If an individual feels that USABS has failed to act upon the information reported, not managed the matter appropriately, or feels there is an inherent conflict of interest in reporting the matter to the USABS Compliance and Membership Services Manager, the individual may escalate these concerns to the USABS CEO. If an individual feels that there is a conflict of interest in reporting to the matter to the USABS CEO or that the USABS CEO has been unresponsive to their inquiry, they may escalate the matter to the Chair of the USABS Board of Directors.

5.5. **Anonymous Reporting**. Anonymous reports may be made. However, this does **not** mean that the underlying information will be protected. Please remember that reporting anonymously may limit USABS' ability to investigate and respond to a report. As such, USABS encourages an anonymous reporter to provide as much detail as possible (e.g., date of incident, incident location, identity of all individuals involved including potential witnesses, relevant documentation, etc.) when making the report.

5.6. **No Associated Costs or Fees.** There are no costs or fees for filing a report with USABS or the U.S. Center for SafeSport, whether the reporter identifies themselves or files anonymously.

5.7. **Bad-Faith Allegations.** A report of abuse, misconduct or policy violations that is malicious, frivolous or made in bad faith is prohibited. Such reports will be considered a violation of this Policy and the USABS Code of Conduct and may result in disciplinary action.

5.8. **Privacy.** When a report is filed with USABS, USABS will make reasonable efforts to protect the privacy of all individuals involved while balancing legal or policy requirements or the need to gather information to assess an allegation of misconduct.

5.8.1. **Parents/Legal Guardians.** USABS reserves the right to notify parents/legal guardians of reports and matters involving Minors.

5.9. **Whistleblower Protection.** Regardless of outcome, USABS will support the reporting party and his/her right to express concerns in good faith. USABS will not encourage, allow or tolerate attempts from any individual or group of individuals to retaliate, punish, allow or in any way harm any individual(s) who reports a concern in good faith before, during, or after the process whether led by USABS or by the Center. Such actions against will be considered a violation of our Code of Conduct and grounds for disciplinary action.

Section 6. Response and Resolution.

All Participants are subject to the Center's SafeSport Code for the investigation and resolution of violations of prohibited conduct that fall under the jurisdiction of the Center. The Center has the exclusive authority to investigate and resolve Participant's conduct involving (a) sexual misconduct and (b) prohibited conduct under the Center's Code that is reasonably related to the underlying allegation of sexual misconduct. USABS will not interfere in, attempt to interfere, or attempt to influence the outcome of, any Center investigation. The Center also has discretionary authority over other alleged violations of any prohibited conduct under the SafeSport Code.

This section will serve as the procedures and protocol for all athlete safety matters under USABS jurisdiction. USABS Compliance and Membership Services Manager will oversee all Center requests and ensure USABS adherence to all Center Response and Resolution policies and procedures. USABS Compliance and Membership Services Manager is also responsible for overseeing the Response and Resolution Process. Requests will be answered within 72 hours for the eligibility status of the participant and the existence of USABS imposed temporary measure or safety plans. Any report received by USABS of any allegation that falls within the exclusive jurisdiction must be referred to the Center immediately and no later than 24 hours.

6.1. **Initiating Intake and Investigation.** On receipt of an allegation of misconduct that falls within USABS jurisdiction, USABS shall conduct a preliminary inquiry, and, if appropriate, undertake an investigation to determine whether a Participant engaged in Prohibited Conduct. USABS shall determine the appropriate steps to address the conduct based on several factors; including, but not limited to (i) the nature, scope and extent of the alleged Prohibited Conduct, (ii) the age of the Claimant, and (iii) the age of the Respondent. All reports and their outcomes will be tracked within an internal Google document by the Compliance and Membership Services Manager, and any investigations will be reflected within the Sport80 membership platform.

Such steps may include, without limitation:

- The collection of additional information from the Claimant, Respondent, and/or other individuals with potential knowledge or evidence of the incident or the accused individual;
- Formal investigation;
- Retention of legal counsel or investigation services to investigate and/or make a recommendation as to whether a violation of the relevant policy has occurred and/or a recommendation as to the appropriate sanction; and/or
- Review of applicability of other relevant USABS policies.

- In the event the investigation reveals an incident that falls in the category of a mandatory reporting event the NGB will report to law enforcement and keep communication with them.

6.2. **Temporary Measures.** USABS may implement Temporary Measures which are designed for protective purposes pending a determination of findings and/or sanctioning by the appropriate entity (i.e. by the U.S. Center for SafeSport, USOPC or USABS) at any time. Generally, the Temporary Measures are implemented based on the severity of the allegations, the evidentiary support for the allegations, and/or the perceived risk to athletes or the Olympic and Paralympic community. Temporary Measures may include, but are not limited to:

- Altering training schedules,
- Providing or requiring chaperones,
- Implementing contact limitations,
- Implementing measures prohibiting one-on-one interactions,
- Suspension from facility or other USABS privileges,
- Alternative housing arrangements,
- Alternative transportation arrangements,
- Suspension from participation and/or membership in some or all aspects of activity in USABS.

6.3. **Sanctions**. Where there is sufficient evidence through the investigation and resolution procedure to support a finding that a Participant engaged in Prohibited Conduct, the Hearing Panel will determine the appropriate sanction(s).

Sanctions include, but are not limited to, the following (either by itself or in combination):

- Verbal warning
- Written warning or reprimand
- Education and/or training
- Probation
- Loss or Suspension of Athlete Support (OPTC resident privileges, monthly stipend, etc.)
- Membership Suspension
- Suspension of facility access/use
- Permanent ineligibility
- Employment Termination
- Other discretionary sanctions

For the purposes of this Policy, a suspension of membership shall mean that the individual may not participate in any capacity or in any role in the business, events, or activities of USABS for the duration of the period of suspension.

Note: All costs resulting from a Participant's sanction will be the sole responsibility of the Participant.

6.4. **Procedural Compliance.** USABS shall follow the following steps to ensure compliance with the Ted Stevens Olympic and Amateur Sports Act:

6.4.1. **Preliminary Determination.** On receipt of a disclosure and/or other information alleging misconduct, if the USABS CEO or Chairman of the Board is satisfied, in the

exercise of his or her discretion, that there is sufficient reasonable, reliable and persuasive evidence to support the complaint alleging emotional, physical or sexual misconduct or a MAAPP violation, he or she shall notify the Review Panel. The Review Panel will consist of the CEO or his/her designee, the Chair of the USABS Board of Directors or his/her designee, the Chair of the Ethics Committee, the Chair of the Judicial Committee, the USABS AAC representative, and legal counsel as determined by the Chair of the Board. The Review Panel shall determine if there is sufficient evidence of Prohibited Conduct and whether the matter requires referral to a Hearing Panel, as set forth in Section 14.7 of the USABS Bylaws, with the addition of the following provisions:

6.4.2. **Evidence.** At the hearing, the Respondent will be allowed to present any reasonable evidence or argument that he/she she wishes the Hearing Panel to consider. The Hearing Panel may require or permit documentary evidence, such as the written report of any investigator or other fact-finder, before the hearing and that the names of any witnesses be disclosed before the hearing. The Hearing Panel may also consider another organization's determination as evidence to be considered. If the Claimant(s) is a minor, the investigator's or other fact-finder's report may substitute for the minor witness' direct testimony, provided that the Respondent had an opportunity to present and respond to relevant information collected during the investigation and before the report was transmitted to the Review Panel.

The Hearing Panel may proceed in the Respondent's absence if it cannot locate the individual or if the individual declines to attend the hearing.

6.4.3. **Findings and Sanctions.** The Hearing Panel has the discretion to impose sanctions on the Respondent if it finds, based on a preponderance of the evidence, that emotional, physical or sexual misconduct or a violation of the MAAPP has occurred.

The Hearing Panel will communicate its finding to the Respondent. The Hearing Panel may impose sanctions on the Respondent in its findings.

Any sanctions imposed by the Hearing Panel against the Respondent must be proportionate and reasonable, relative to the conduct that is found to have occurred. The decision regarding the appropriate sanction shall be up to the panel adjudicating each violation. In imposing a sanction, the Hearing Panel shall consider:

a) The legitimate interest of USABS in providing a safe environment for its Participants;
b) The seriousness of the offense or act;
c) The age of the Respondent and Claimant when the offense or act occurred;
d) Any information produced by the Respondent, or produced on behalf of the individual, in regard to the individual's rehabilitation and good conduct;
e) Whether the individual poses an ongoing concern for the safety of USABS and/or Olympic & Paralympic community; and
f) Any other information, which in the determination of the Panel, bears on the appropriate sanction.

6.4.4. **Confidentiality.** The conduct of the hearing will be private. If the Hearing Panel determines that the Respondent has violated policy, it may publish its decision or a brief summary of its decision, unless the Respondent is a minor. However, if the individual

appeals, the summary of the Hearing Panel's decision will not be disclosed until an appellate decision has been made. USABS may also publish a list of individuals who are suspended and/or declared permanently ineligible from USABS.

If the Hearing Panel determines the Respondent did not violate the relevant policy, the Hearing Panel will publish a summary only at the individual's written request.

6.4.5. **Appeal.** If the individual disagrees with the finding or sanction of the Hearing Panel and wishes to appeal, he/she may file an appeal with the AAA within 14 days of the USABS's finding. A decision rendered by the AAA shall be final and binding on all parties.

6.5. **USOPC Notification.** USABS shall comply with the USOPC's NGB Athlete Safety Policy; including but not limited to the following:

a) USABS will notify the USOPC's Security & Athlete Safety Office as soon as possible and no later than 24 hours of any allegation of Prohibited Conduct that occurred at an Olympic & Paralympic Training Center (OPTC) or USOPC Delegation Event;

b) USABS will notify the USOPC's Security & Athlete Safety Office as soon as possible and no later than 24 hours of imposing its own or Center-imposed sanction(s) and/or temporary measure(s) (as well as any change or removal of such a sanction or temporary measure) affecting Participants who USABS knows, or reasonably expects to:

a) be attending, nominated for or selected as a Participant to a Delegation Event,
b) have access to an OPTC, and/or
c) receive a benefit and/or service from the USOPC as outlined in the USOPC Athlete Safety Policy.

6.6. **Center Notification.** USABS will communicate its own sanctions and/or temporary measures to the Center within 72 hours.

6.7 USABS Employment Assistance. USABS will not assist a member or former member in obtaining a new job (except for the routine transmission of administrative and personnel files) if USABS knows that that member or former member violated the policies or procedures of the Center related to sexual misconduct or was convicted of a crime involving sexual misconduct with a minor in violation of applicable law or the policies or procedures of the Center.

Section 7. Definitions.

"Adult" means 18 years of age or older.

"Center" means the U.S. Center for SafeSport.

"Claimant" means a person who is alleged to have experienced conduct that constitutes Prohibited Conduct.

"MAAPP" means the USABS Minor Athlete Abuse Prevention Policy.

"Participant" has the meaning set forth in Section 1.1.

"Policy" as used herein means the USABS Athlete Safety Policy.

"Respondent" means a Participant who is alleged to have violated this Policy.

"RSO Policy" refers to the USOPC's Responsible Sport Organization Background Check Policy.

"SafeSport Code" means the U.S. Center for Safe Sport's SafeSport Code for the Olympic & Paralympic Movement.

"Temporary Measures" has the meaning given to it in Section 6.2 of this Policy.

"USABS" means the U.S.A. Bobsled & Skeleton Federation.

"USOPC" means the United States Olympic & Paralympic Committee

Section 8. Relevant Policies

USABS Minor Athlete Abuse Prevention Policy (MAAPP): https://maapp.uscenterforsafesport.org/resource/2025-minor-athlete-abuse-prevention-policies-bobsled-skeleton/.

USABS Official Background Screening Review Process: https://www.usabs.com/policies-bylaws.

USABS Bylaws: https://www.usabs.com/policies-bylaws.

USABS Code of Conduct: https://www.usabs.com/policies-bylaws.

U.S. Center for SafeSport SafeSport Code for the Olympic and Paralympic Movement (SafeSport Code): https://uscenterforsafesport.org/response-and-resolution/safesport-code/.

USOPC NGB and HPMO Athlete Safety Policy: https://www.teamusa.org/team-usa-athlete-services/safe-sport.

USOPC Responsible Sport Organization Background Check Policy (RSO Policy): https://www.teamusa.org/team-usa-athlete-services/safe-sport.

USOPC Background Check Policy: https://www.teamusa.org/team-usa-athlete-services/safe-sport.

Arrangement, Coordination and Facilitation Table

The following table has been designed to outline who is responsible for coordinating, providing and funding key areas of support in bobsled and skeleton. Ultimately, an athlete's level of support is determined by the athlete's level and phase with the Skeleton Athlete Progression Pathway (SAPP) or Bobsled Athlete Progression Pathway (BAPP).

	Combines, Rookie Camps, Sliding Schools	Selection Races, Push Champs	NAC & EC	World Cup (Athlete Funded)	World Cup (USABS Funded)
Coaching	Coordinated, provided and **funded by USABS**	Coordinated, provided and **funded by USABS**	Coordinated, provided and **funded by USABS unless stated prior to season that it will be funded by athletes**	Coordinated, provided and **funded by USABS**	Coordinated, provided and **funded by USABS**
Travel	Coordinated by athletes **Funded by athletes**	Coordinated by athletes **Funded by athletes**	Coordinated by athletes **Funded by athletes**	Coordinated by athletes **Funded by athletes**	Coordinated by USABS **Funded by USABS**
Housing	Coordinated by USABS **Funded by USABS** (LP OPTC) **Funded by athletes** (PC)	Coordinated & **funded by USABS** (LP OPTC) Coordinated & **funded by athletes** (PC)	Coordinated & **funded by USABS** (LP OPTC) Coordinated & **funded by athletes** (all other locations)	Coordinated by USABS **Funded by USABS** (LP OPTC) **Funded by athletes** (all other locations)	Coordinated by USABS **Funded by USABS**
Sleds	Provided by USABS	Provided by athlete or rented from USABS	Provided by athlete or rented from USABS	Provided by athlete or rented from USABS	Provided by athlete or rented from USABS
Sled Shipping	Coordinated by USABS **Funded by USABS**	Bobsled coordinated by USABS Skeleton coordinated by Athlete **Funded by athletes**	Bobsled coordinated by USABS Skeleton coordinated by Athlete **Funded by athletes**	Bobsled coordinated by USABS Skeleton coordinated by Athlete *unless crate is provided by USABS **Funded by athletes**	Bobsled coordinated by USABS Skeleton coordinated by Athlete *unless crate is provided by USABS **Funded by USABS**
Team Apparel	N/A	N/A	Limited kit	World Cup team kit	World Cup team kit
Personal competitive gear	Provided and **funded by athletes** USABS may have limited items for athletes to borrow.	Provided and **funded by athletes**	Provided and **funded by athletes**	Provided and **funded by athletes**	Provided and **funded by athletes**

Travel Insurance	N/A	N/A	Requested by athletes to USABS Coordinated by USABS **Funded by USABS**	Coordinated by USABS **Funded by USABS**	Coordinated by USABS **Funded by USABS**

- Combines, Rookie Camps and Sliding Schools may have general fees that go towards coaching, ice time, equipment, etc.
- USABS will use VIK to help reduce costs for athletes whenever possible
- Personal competitive gear includes helmets, spikes, gloves, training gear, etc.
    - When possible, USABS will try to provide one new helmet to each World Cup bobsled team member. Any additional helmet is the responsibility of the athlete.
- In some cases, if housing is not available at the LP OPTC or supported by USOPC Sport Performance, athletes may be responsible for the cost of alternative housing
- Program fees include team kit and travel insurance
- Athletes may qualify for additional support programs

Below are potential athlete expenses based on the Sport Funding Table. Costs will vary from athlete to athlete.

Combines, Rookie Camps, Sliding Schools

- Lake Placid: airfare
- Park City: airfare, lodging, meals, rental vehicle, fuel

Selection Races, Push Champs

- Lake Placid: airfare
- Park City: airfare, lodging, meals, rental vehicle, fuel
- Bobsled rental $1,250 per sled
- Skeleton rental $350
- Bobsled shipping shared $6,500 each way
- Skeleton shipping $350-$500 each way

NAC & EC

- Airfare, lodging, meals, rental vehicle, fuel, sled shipping, carnet, race fees, training fees, weight room
- Total expenses will vary season-to-season based on the schedule and locations. Approximate cost ranges:
    - NAC skeleton: $9,000-15,000
    - NAC bobsled (1 athlete): $9,000-15,000
    - NAC bobsled (3 athletes): $15,000-18,000
    - NAC bobsled (5 athletes): $25,000-30,000
    - EC skeleton: $13,000-20,000
    - EC bobsled (1 athlete): $28,000-35,000
    - EC bobsled (3 athletes): $35,000-45,000
    - EC bobsled (5 athletes): $65,000-80,000

Youth Athletes

- Funding for youth athletes will be limited to coaching, if available. Please note that youth funding will be year-by-year and funding will fluctuate throughout the quad. An increase in funding the year of the Youth Olympic Games should not be the expectation in non-Games years.

World Cup Team (Athlete Funded)

- Airfare, lodging, meals, rental vehicle, fuel, sled shipping, carnet, race fees, training fees, weight room
- Total expenses will vary season-to-season based on the schedule and locations. Approximate cost ranges:
- WC skeleton: $25,000-30,000
- WC bobsled (1 athlete): $42,000-50,000
- WC bobsled (3 athletes): $70,000-80,000
- WC bobsled (5 athletes): $125,000-140,000

World Cup Team (USABS Funded)

- Bobsled rental $1,250 per sled
- Skeleton rental $350

DIRECT ATHLETE SUPPORT

In addition to the Direct Athlete Support requirements, the following expectations must be met for an athlete to receive DAS. If, at any time during the season or off-season, an athlete fails to meet all the expectations, their stipend will be forfeited until they are, once again, in compliance with the expectations. Any forfeited DAS will not be retroactively reimbursed to the athlete and could be added to the potential Supplemental Stipend pool.

- Athletes are expected to participate in the full season of competitions including World Championships, World Cup, Europa Cup, North America Cup, and national races as planned by the coaches. Exceptions for injury and other extraordinary situations may be granted.
- Athletes must complete the End-of-Season Review and participate in a season debrief at the conclusion of the season.
- When requested, athletes must provide training updates in-season and off-season. (This will be required for a skeleton athlete's Athlete Performance Plan (APP).
- Athletes will participate in off-season Performance Camps or will provide training updates to the coaches to ensure training commitment and progression in the off-season. Exceptions for injury and other extraordinary situations may be granted.

PROGRAM FEE AND EQUIPMENT DISTRIBUTION INFORMATION

All USABS athletes requiring an IBSF license and competing on a circuit for USABS are required to pay a $350 program fee. The fee covers licensing, travel insurance, member services and programs operated under USABS, a team jacket, and speedsuit. Payment is required before receiving your jacket, speedsuit, and license, and must be paid prior to an athlete competing on any circuit.

Team kits are not guaranteed for athletes who are replacement athletes or competing in less than a full season. This is dependent on the availability of gear. If a team kit is not available or not provided, the program fee will not be assessed in full.

SKELETON SPEEDSUIT DISTRIBUTION POLICY

USABS will provide speedsuits to athletes on World Cup (WC) and the World Championships (WCH) and Olympic Winter Games *with the agreement that the speedsuit will be worn at all competitions*. USABS may provide speedsuits to NAC athletes as well.

- Skeleton athletes who do not use the USABS issued speedsuit in WC and WCH competitions will be expected to return the suit.
- Skeleton athletes who do not use the USABS issued speedsuit at the WC and WCH are required to add USABS sponsors' logos to their speedsuits prior to the start of all competitions.
    - It is the athletes' responsibility to coordinate with USABS to ensure all USABS sponsors are added to their speedsuits in the designated locations prior to the start of the season.
- Speedsuit distribution is by the following priority – WCH, WC

I agree to wear the USABS provided speedsuit in Olympic Games, WCH, and WC competitions. I understand that if I opt to not wear the speedsuit then it will be returned to USABS.

I agree not to sell USABS provided speedsuits. If I am no longer using a USABS provided speedsuit, I will return it to USABS to be redistributed to USA athletes competing in European Cup (EC) and North American Cup (NAC) competitions.

USABS SLED RENTALS

Athletes are fully responsible for the maintenance and transport of the sled and are responsible for all associated transport fees (applicable to non-funded sleds only).

All athletes using a USABS sled will be required to sign the USABS Sled Rental Agreement.

SPORT ACCIDENT INSURANCE

NAHGA Claims Services
Phone: 1-800-952-4320

The coverage provides a $50,000 limit of medical expenses, after personal and other existing coverage are exhausted for USABS members participating in USABS sanctioned events. **Note:** This is a secondary insurance; claims must first be submitted to your primary insurance carrier. USABS requires athletes to carry primary health insurance to participate in USABS sanctioned events.

Deductible, per incident: $1,000

Claim Filing Instructions:

Claim forms are available by contacting the Operations Manager. **Claims must be filed by the athlete within 60 days of injury/illness.**

1. Complete the claim form in full and have USABS Operations Manager sign it.
2. Submit all itemized medical bills from your physician, medical provider and/or hospital. The bills must include patient's name, address, diagnosis and service code, date of service, description of service as well as the medical provider's name, address, telephone number and federal tax ID number.
3. If primary insurance is involved, submit all explanations of benefits to match itemized bills.
4. If out-of-pocket expenses were incurred, submit copies of receipts, cancelled checks, etc.
5. Mail completed claim form and necessary documents to:

NAHGA Claim Services
PO Box 189
Bridgton, ME 04009
800-952-4320/Fax:207-647-4569

or submit by email to customerservice@nahgaclaims.com

6. Upon receipt of your completed claim form, NAHGA will provide written confirmation and assign a claim number.
7. Once assigned a claim number, supporting documentation can be uploaded to the NAHGA portal at https://claims.nahga.com. For phone inquiries, please reference your assigned claim number.
8. For policy information please contact claims@nahga.com.
9. Please keep copies of your claim form and all information sent to NAHGA.
10. Please note, if you do not submit all the above documentation, your claim cannot be processed.

If you have any questions regarding this procedure, please visit https://www.nahgaclaimservices.com/claims-center, or contact the USABS Operations Manager in a timely manner.

USABS CONCUSSION PLAN

The USA Bobsled/Skeleton Concussion plan is based on the consensus statement on concussion in sport referenced below: This plan also models the current Concussion Guidelines promoted by the United States Olympic & Paralympic Committee (USOPC).

Patricios, J. S., Schneider, K. J., Dvorak, J., Echemendia, R. J., McCrory, P., Meeuwisse, W., ... & Vos, P. E. (2023). Consensus statement on concussion in sport—the 6th International Conference on Concussion in Sport held in Amsterdam, October 2022. British Journal of Sports Medicine, 57(11), 695–711. https://bjsm.bmj.com/content/57/11/695.

The standard of care for current medical practice and the law in most states requires that any athlete with a suspected concussion is ***immediately removed from training or competition***.

- A concussion is a traumatic brain injury- **and all brain injuries should be taken seriously.**
- An athlete does not have to be "*knocked-out*" to have a concussion- ***less than 10% of sports concussions result in loss of consciousness.***
- A concussion can result from a blow to the head, neck or body.
- Concussions in young athletes can be challenging to diagnose, often taking longer to recover than adults, and an athlete with a history of multiple concussions is more likely to have a future concussion.
- Most concussions resolve with appropriate clinical management but there are some athletes who may have prolonged symptoms or more serious long-term effects.
- Each concussion is different. Treatment is individualized and it is impossible to predict when the athlete will be allowed to return to play- ***there is no standard timetable***.

Clinical Course: According to the Consensus statement on concussion in sport (Patricios et al., 2023), Sport related concussion (SRC) is a traumatic brain injury induced by biomechanical forces. Several common features that may be utilized in clinically defining the nature of a concussive head injury include:

- SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.

- SRC typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a few minutes to hours.

- SRC may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.

- SRC results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged.

  The clinical signs and symptoms cannot be explained by drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction, etc.) or other comorbidities (e.g., psychological factors or coexisting medical conditions).

Athlete Responsibility:

1. While no helmet can prevent all concussions, they have an essential role in preventing more serious head injuries. Athletes must wear protective head gear that meets or exceeds the IBSF rules. It is the athlete's responsibility that the helmet fits properly, is in good working order and free of obvious damage prior to any sliding activity.
2. The athlete must report any concussion related symptoms to coaching and medical staff. Examples include: Headache, confusion, "feeling in a fog", dizziness, nausea, drowsiness, vomiting, irritability, balance problems, "seeing stars", and ringing in the ears. This is not an all-encompassing list. Athletes are required to report signs and symptoms of a concussion as soon as possible and before any physical activity, training, or competition.
3. The athlete completes a baseline computerized cognitive test prior to sliding for the USA Bobsled and Skeleton Team. This test must be repeated every 2 years and may be repeated more frequently in concussed athletes.
4. Athletes must complete the free online CrashCourse Brain Fly-through and Concussion Education training course on a yearly basis.
5. Athletes who receive concussion care or continue their recovery away from the team must submit written medical clearance from their treating provider to USABS Sports Medicine before returning to training or competition. USABS Sports Medicine will review the documentation and may require additional information or evaluation before approving the athlete's return.

Coach Responsibility:

1. Coaches must complete the free online CrashCourse Brain Fly-through and Concussion Education training course on a yearly basis.
2. The coaches and sliding center staff need to evaluate track and weather conditions to determine training plan.
3. Any athlete that reports concussion related symptoms must be evaluated by the venue or team medical provider. Examples include: Headache, confusion, dizziness, nausea, drowsiness, vomiting, irritability, balance problems, "seeing stars", and ringing in the ears.
4. The coach has the authority to stop an athlete from sliding if there is any question of concussion or head injury.

Medical Staff Responsibility:

1. The medical staff has the authority to stop an athlete from sliding if there is any question of concussion or head injury.
2. All clinical interactions or any aspect of patient care need to be documented in electronic medical records (EMR).
3. All medical staff need to complete the free CDC Heads Up Course for medical professionals on a yearly basis. They are also encouraged to complete the CrashCourse Brain Fly-through and Concussion Education training course on a yearly basis.
4. All medical staff need to read and understand the current consensus statement on concussion in sport and the Sports Concussion Assessment Tool 6th Edition (SCAT 6), both of which are accepted by the IOC. These articles are published in the following issue of the British Journal of Sports Medicine:

Patricios, J. S., Schneider, K. J., Dvorak, J., Echemendia, R. J., McCrory, P., Meeuwisse, W., ... & Vos, P. E. (2023). Consensus statement on concussion in sport—the 6th International Conference on Concussion in Sport held in Amsterdam, October 2022. British Journal of Sports Medicine, 57(11), 695–711. https://bjsm.bmj.com/content/57/11/695.

SCAT 5SCAT6

Evaluation of Athlete with Suspected Concussion: The following steps must be taken after an athlete injury.

1. The athlete needs to be evaluated by the track medical staff in consultation with a medical provider from the USA Bobsled and Skeleton Team. The initial evaluation is to decide if red flags are present requiring emergent transport for evaluation and treatment.
2. Once the athlete is evaluated, receives initial treatment, and is released to the care of the USABS team, the local team provider must inform the USABS Chief Medical Officer of the incident and document the injury in the EMR.
3. A SCAT6 needs to be performed and documented.
4. The athlete needs to be serially monitored by medical staff over the initial few hours. The athlete should be transferred to the local hospital if worrisome signs or symptoms develop, are significant (e.g., unremitting headache, marked confusion, somnolence), do not show improvement, or if the medical staff is concerned about the athlete's status.
5. An athlete with a suspected or diagnosed concussion is not permitted to return to physical activity, training, or competition, until cleared by a licensed health care provider.

Concussion Red Flags

- Neck Pain or tenderness
- Double Vision
- Weakness or tingling/burning in the arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Concussion Return to Slide Policy

Management of Athlete with Concussion: Once an athlete has stabilized and their symptoms are no longer worsening this plan should be followed. **This return to sliding plan includes six stages and should be directed by the medical staff**. The following general principles apply to every stage:

- The athlete should be able to participate in their typical daily cognitive activities (e.g. meetings, film review) without an increase in their concussion symptoms while progressing from one stage to the next. There is no set timeline for progressing through these stages.
- Progression from one stage to the next requires successful completion of the activity at the earlier stage without worsening of symptoms.
- Athletes should be monitored for concussion symptoms at each stage. If the athlete develops new or increased signs or symptoms of concussion during any stage of rehabilitation, they should discontinue activity until their signs and symptoms return to their pre-activity level and then resume activity at the previous stage.

Stage 1: Symptom Limited Activity

After a concussion diagnosis, the athlete should begin relative cognitive and physical rest for approximately 24-48 hours. This includes limiting excessive use of electronic devices or exercise. The goal is to allow the brain to begin recovering from the concussion. The athlete should do their best to maintain proper nutrition and sleep during this stage. No computerized cognitive testing should be performed at this stage.

Stage 2: Light Aerobic Activity (return to ADL's)

The athlete is permitted to begin a graduated cardiovascular exercise program at a sub symptom exacerbating level (e.g., 80% of symptom threshold as determined by Buffalo Concussion Treadmill Test (BCTT) or an equivalent bike test). If the athlete has any exacerbation of concussive symptoms, then the exercise must be discontinued and not restarted again until symptoms have stabilized to pre-activity levels. Stage 2 is completed when the athlete can perform moderate aerobic exercise without exacerbating symptoms.

Stage 3: Sport Specific Exercise (Increase Heart Rate)

The athlete progresses to vigorous cardiovascular exercise and initiates light weight training programs at a sub symptom threshold level (this means increasing the intensity and duration of exercise without triggering an increase in concussion symptoms). Stage 3 is completed when the athlete can perform vigorous cardiovascular exercise, light weight training, and their symptoms have returned to their pre-concussion baseline.

Stage 4: Non Contact Training (Introduce Movement)

The athlete progresses to full non-sliding training drills (e.g., non-sliding push training, normal weightlifting, sprinting, plyometrics, etc.) under the direction of the medical and coaching staff. In addition, the athlete should undergo a maximal exertion test (e.g., BCTT or bike test) and follow up neurocognitive testing (e.g., ImPACT), if available, as part of their clinical assessment by the team or local medical staff. Stage 4 is completed when the athlete's neurocognitive test has returned to baseline, and their symptoms remain at pre-concussion baseline levels with maximal exertion and participation in non-sliding training.

Stage 5: Full Training; Return to Sliding Introduce Complex Movement & Cognitive Load)

The athlete progresses to full unrestricted training, including a sliding plan. Stage 5 is completed when the athlete can perform full unrestricted training and their symptoms have remained at their pre-concussion baseline.

Stage 6: Return to Competition

The athlete is released by the medical staff to full unrestricted training and competition.

USABS WAIVER REQUEST FORM

All waiver requests for USABS events must be submitted to the Director of Sport Performance in writing via hard copy or email (curt.tomasevicz@usabs.com) as soon as feasible. The waiver fee of $100.00 must be paid prior to the Waiver Committee's review. Following receipt, the Waiver Committee will review the request and will make a decision and provide a written copy or email of the approval or denial of the waiver to the athlete within seven (7) days. Approved waivers will receive a $100.00 refund of their fee. For non-approved waivers, fees are non-refundable.

Athlete Name

Date of Waiver Request

Event(s) to be waived

E-mail address

Signature Date

By signing this document, I do hereby state that the reasoning for the waiver request is significant and is prohibiting my ability to compete in the listed event(s) and the details provided are accurate to the best of my knowledge. I have read the Waiver Policy and understand the implications whether the waiver is approved or denied.

Please submit the waiver payment online here and include a copy of your receipt with your waiver submission.

Check one of the following:

☐ I am seeking a waiver due to an extreme circumstance/situation.

Extreme circumstance details to be considered by the Waiver Committee:

☐ I am seeking a medical/illness waiver.

Medical/injury details to be considered by the Waiver Committee:

Chief Medical Officer (CMO) or designee's comments & recommendations:

CMO or designee signature Date

USABS CONFIDENTIALITY AGREEMENT

USA Bobsled/Skeleton ("USABS"), a New York not-for-profit corporation, is recognized by the United States Olympic & Paralympic Committee as the national governing body for the sports of bobsled and skeleton in the United States.

I, the undersigned person, desire to gain access to and/or use USABS equipment or USABS equipment manufactured in the future. I understand USABS equipment or future equipment contains design, construction, parts, and materials that are confidential. I also understand USABS equipment manufacturers develop technology for exclusive use in USABS owned equipment. The USABS equipment technology is recognized and protected as the proprietary and confidential trade secret information of USABS.

I acknowledge that in order to obtain and maintain the above-noted license, USABS is required to obtain my consent not to divulge to any person or organization other than USABS athletes, coaches or staff any documents or information relating to USABS sled technology. For this reason, by signing my name below, I hereby understand, acknowledge and agree I SHALL *NEVER* DISCLOSE, USE, MISAPPROPRIATE, PROCURE OR IN ANY WAY COMPROMISE USABS SLED AND RUNNER TECHNOLOGY BY PROVIDING INFORMATION, DATA, ACCESS TO OR PHOTOGRAPHS OF USABS SLEDS TO ANY PERSON, ENTITY OR ORGANIZATION OTHER THAN USABS COACHES, ATHLETES OR STAFF WITHOUT THE PRIOR WRITTEN CONSENT OF THE CEO OF USABS.

I also agree that I am alone responsible for my safety while using or working with USABS equipment. I understand bobsled and skeleton are action sports carrying significant risk of personal injury. I know that there are hazards and risks, which in combination with my action can cause me very severe or fatal injury. I further agree that I am responsible for my safety while I use or work with USABS sleds in practicing for and/or participating in competition events. I specifically acknowledge that USABS, and all their staff, representatives, successors, officers, directors, employees, and affiliates are NOT responsible for my safety. I am fully aware of the possible risks, conditions, and hazards of participating in bobsled/skeleton training and/or competitions as a competitor, coach, athlete or official. I also hereby agree to exercise not less than reasonable care at all relevant times when handling or using any of the USABS sleds so as to reduce the risk of any related property damage or personal injury. I realize that any breach of this Agreement may subject me to liability under one or more laws, including without limitation the trade secret laws of the State of New York. I also acknowledge that this Agreement will be binding on me, my heirs, successors, and assigns.

USABS ATHLETE HANDBOOK ACKNOWLEDGEMENT

The USABS Athlete Handbook describes important information about USABS, and I understand that I should consult the Director of Sport Performance regarding any questions not answered in the handbook.

I, _____, have received notice of where the handbook is posted on the USABS website, and I understand that it is my responsibility to read all sections, including those sections referenced by links and comply with the policies contained in this handbook and any revisions made to it.

_____ _____

Athlete Signature **Date**

_____

Athlete Printed Name

_____ _____

Parent/Guardian Signature **Date**

if Athlete is under 18 years of age

_____

Parent/Guardian Printed Name