

2024



EQUESTRIAN
AUSTRALIA

CONCUSSION PROTOCOL UPDATE EA COACHES



equestrian.org.au

Safety is everyone's responsibility.



2024 Equestrian Australia Concussion Protocol Update

What has changed?

- 1** Equestrian Australia has adopted the AIS Australian Concussion Guidelines for Youth and Community Sport effective March 2024. Detailed information available at <https://www.concussioninsport.gov.au> or via the EA Website EA Health and Safety Page.
- 2** The tools for coaches to recognise the signs of concussion have been updated. Head Check App or CRT6 (Concussion Recognition Tool)
- 3** The minimum stand down period from competition following a diagnosis of concussion has been changed to **21 days** for both youth and community athletes-a Graded Return to Sport should include **14 days symptom free**
- 4** A Concussion Advice Form is available on the EA website for coaches to provide the athlete or the the person monitoring them with information around concussion management.

What stays the same?

**All concussions should be treated seriously and conservatively
If in doubt-sit them out!**

**All suspected concussions must be reported via
a Form 08 Incident Report within 24 hours**

