EQUESTRIAN AUSTRALIA

Updated 24/05/2024

CONCUSSION MANAGEMENT

Volunteers | Officials | Coaches | Parents and guardians | Athletes

We all have a **collective responsibility** to act in the best interests of member safety and welfare. **Athletes, parents and guardians, officials, coaches and volunteers** must take responsibility for the **recognition, removal** and **referral** of athletes and must ensure concussion (or suspected concussion) is appropriately managed with medical consultation and following the EA Concussion Management Procedure.

"If in doubt, sit them out"

ON THE DAY

1. Recognise

Learn what to look for in athletes:
- what they feel
- how they describe their symptoms - how to recognise what a concussion looks like.

Learn to recognise the danger signs of a more severe injury that requires urgent action by calling 000.

CONCUSSION RECOGNITION TOOL (CRT6)

2. Remove

Remove every athlete, with a suspected concussion from training/competition immediately. They should not return. Anyone with a suspected concussion needs to be evaluated by a health care professional experienced in assessing head injuries.

First aid principles must be applied for any neck/spinal injury: - The athlete must not be moved. - An ambulance must be called for safe removal of the athlete and further assessment.

HEAD CHECK

3. Refer

Any athlete that has a suspected concussion must be referred to a doctor within 12-24 hours of the incident.

It is the athlete's responsibility to email the medical certificate to reporting@equestrian.org.au

SYMPTOMS

- Headache
- "Pressure in head
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Low energy
- "Don't feel right
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down

4. Report

If you complete a concussion assessment using the concussion identification tools you need to fill out a **Form 08** within 24 hours of the incident.

EA INCIDENT REPORT FORM 08

IN THE DAYS AFTER

5. Rest

- The Graduated Return To Sport (GRTS) process must be strictly adhered to for an athlete diagnosed with a concussion

6. Recover

- Recovery from a concussion can be lengthy and is individual

- Over this period, light movement and a monitored return to daily activities are recommended until all symptoms have disappeared

- This includes all activities and making a complete recovery is required before returning to training/competition.

7. Record

Once an athlete obtains a medical clearance from a Medical Practitioner, it must be submitted via the **MyEA portal** to remove the athlete from their 'concussion on hold' status.

MYEA PORTAL

8. Return

Returning to training and competition poses a risk of further concussion. To return safely, the athlete must:
- be symptom-free - have completed a GRTP
- have completed the minimum recovery time period:

21 day Mandatory on Hold Period

- have been assessed and granted a medical clearance by a doctor.

Equestrian Australia activates **Concussion 'on-hold'** membership status.

→ **Equestrian Australia** notifies the athlete or parent/ guardian of how they must proceed.

→ An **Athlete** with a Concussion 'on-hold' MUST upload medical clearance to the **MyEA portal.**

→ **Concussion 'on-hold'** removed by **Equestrian Australia.**

Athlete returns to equestrian activity.

EQUESTRIAN NEW SOUTH WALES | EQUESTRIAN VICTORIA | EQUESTRIAN SOUTH AUSTRALIA | EQUESTRIAN QUEENSLAND | EQUESTRIAN WESTERN AUSTRALIA | EQUESTRIAN NORTHERN TERRITORY | EQUESTRIAN TASMANIA