

**This document is to be issued to the person monitoring the suspected or concussed EA member.**

Dear \_\_\_\_\_ (EA Member),

We are writing to you following the recent incident on \_\_\_\_\_ (date) at \_\_\_\_\_ (location/event) where you may have sustained a head injury, this being a suspected or confirmed concussion following an on field assessment.

Recovery time varies for individuals and your treating medical practitioner will advise you regarding the required monitoring time frame.

**Requires Immediate Action:**

If you notice any change in your/your patient's behaviour e.g. vomiting, dizziness, increased headache, double vision or excessive drowsiness or any other unusual symptoms

:

**Immediately call 000 or present to your GP or the nearest hospital emergency department**

**Other Important Information:**

- Introduction of light exercise after an initial 24-48 hours of relative rest
- Do not consume alcohol
- Avoid aspirin, anti-inflammatory medication, or sedatives
- Check use of your prescription or non-prescription medication with your doctor
- Do not drive a motor vehicle or any other form of transportation until medically cleared to do so
- Follow the Graded return to sport framework, see below, to enable optimal recovery from concussion.

Equestrian Australia will now place you on the My EA Concussion on Hold list, available to view by all current EA Officials, Coaches and Organising Committees. This prevents you from participating in any EA equestrian event.

EA will remove the Concussion on Hold status once the mandatory minimum stand down of 21 days has been completed and a medical certificate from a certified General Practitioner or Medical professional has been uploaded onto MyEA or sent to [reporting@equestrian.org.au](mailto:reporting@equestrian.org.au).

EA strongly recommends you seek medical advice and follow a graded return to sport framework as outlined below.



Graded Return to Sport Framework



Australian Concussion Guidelines in youth and Community Sport

If you (or your parents/guardians) have any further questions regarding this suspension, please contact EA's National Safety Manager (0481 162 596) or email [reporting@equestrian.org.au](mailto:reporting@equestrian.org.au)

*Note: This document is to be issued by the Medical Service Provider (MSP) EA Official or Coach to the person who is monitoring (support person) the concussed EA member (athlete) for either a suspected or confirmed concussion at any EA affiliated event.*