

CHECK LIST TO BE COMPLETED FOLLOWING A FALL OF RIDER.

Any **yes** responses and the rider will need to be checked by a doctor before continuing with activity.

Name:

Club:

Signs/symptoms	Yes tick	No tick	Yes tick	No tick	Yes tick	No tick	Comments
To be checked x3 with intervals of 15 minutes.							
Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present:							
1. Visible clues of suspected concussion							
Loss of consciousness or responsiveness							
Lying motionless on ground / Slow to get up							
Unsteady on feet / Balance problems or falling over / In-coordination							
Grabbing / Clutching of head							
Dazed, blank or vacant look							
Confused / Not aware of plays or events							
Presence of any one or more of the following signs & symptoms may suggest a concussion:							
2. Signs and symptoms of suspected concussion							
• “Pressure in head”							
• Loss of consciousness							
• Headache							
• Seizure or convulsion							
• Dizziness							
• Confusion							
• Feeling slowed down							
• More emotional							
• Drowsiness							
• Blurred vision							
• Nausea or vomiting							
• Sensitivity to light							
• Fatigue or low energy							
• Nervous or anxious							
• Difficulty remembering							
• Difficulty concentrating							
• “Don’t feel right”							
• Feeling like “in a fog“							
• Balance problems							
• Irritability							
• Sadness							
• Amnesia							
• Neck Pain							
• Sensitivity to noise							
Failure to answer any of these questions correctly may suggest a concussion.							
3. Memory function							
“What venue are we at today?”							
“Which horse are you riding today?”							
“Which club are you a member of?”							

Name of First Aider:

Date:

Signature:

Time: