

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	No	Comments
<b>Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present:</b>			
<b>1. Visible clues of suspected concussion</b>			
Loss of consciousness or responsiveness			
Lying motionless on ground / Slow to get up			
Unsteady on feet / Balance problems or falling over / Incoordination			
Grabbing / Clutching of head			
Dazed, blank or vacant look			
Confused / Not aware of plays or events			
<b>Presence of any one or more of the following signs &amp; symptoms may suggest a concussion:</b>			
<b>2. Signs and symptoms of suspected concussion</b>			
• “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			
<b>Failure to answer any of these questions correctly may suggest a concussion.</b>			
<b>3. Memory function</b>			
“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 \_\_\_\_\_

**Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.**

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

### **RED FLAGS**

**If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:**

Athlete complains of neck pain

Deteriorating conscious state

Increasing confusion or irritability

Severe or increasing headache

Repeated vomiting

Unusual behaviour change

Seizure or convulsion

Double vision

Weakness or tingling / burning in arms or legs