

CONCUSSION RECOGNITION TOOL

RECOGNISE & RESPOND

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
- Grabbing/clutching of head
- Dazed, blank or vacant look
- Confused/Not aware of fall/what is happening around them

2. Signs and Symptoms of suspected Concussion

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| <ul style="list-style-type: none"> - Loss of consciousness - Seizure or convulsion - Balance problems - Nausea or vomiting - Drowsiness - More emotional - Irritability - Sadness - Fatigue or low energy - Nervous or anxious - "Don't feel right" - Difficulty remembering | <ul style="list-style-type: none"> - Headache - Dizziness - Confusion - Feeling slowed down - "Pressure in head" - Blurred vision - Sensitivity to light - Amnesia - Feeling like "in a fog" - Neck Pain - Sensitivity to noise - Difficulty concentrating |
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3. Memory Function

Failure to answer any of these correctly may suggest Concussion

"Where are you today?"

"What Pony Club are you a member of?"

"What colour is your horse?"

Any rider with a suspected concussion is NOT permitted to remount

RED FLAGS

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

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| <ul style="list-style-type: none"> - Rider complains of neck pain - Increasing confusion or irritability - Repeated vomiting - Seizure or convulsion - Weakness or tingling/burning in arms or legs | <ul style="list-style-type: none"> - Deteriorating conscious state - Severe or increasing headache - Unusual behavior change - Double vision |
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Remember

- Any rider that suffers a fall should be screened for signs of concussion
- In all cases, the principle of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the rider (other than required for airway support unless trained).
- Do not remove helmet unless trained
- The rider should not be left alone following the fall / injury. Serial monitoring is essential over the first few hours