

FEI CONCUSSION CLEARANCE FORM

Foreword from the FEI Medical Committee

Concussion is a traumatic brain injury that interferes with normal brain function. Concussion is caused by a biomechanical force or hit, to the head or body, transmitted to the brain.

An athlete¹ may be concussed with or without loss of consciousness (the athlete may not be “knocked out”).

- **Common Symptoms of Concussion Include:**

- Headache
- Fogginess
- Difficulty concentrating
- Easily confused
- Slowed thought processes
- Difficulty with memory
- Nausea
- Lack of energy, tiredness
- Dizziness, poor balance
- Blurred vision
- Sensitive to light and sounds
- Mood changes – irritable, anxious, or tearful

- **Concussion Management:**

1. REST. The athlete must not return to riding a horse on the same day of a concussion;
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day;
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming riding activities;
4. After medical clearance, return to riding should follow a step-wise protocol with provisions for delay, based upon return of any signs or symptoms as detailed in page 3 of this document.

If the designated health care provider on site suspects that the athlete may have sustained a concussion, the only means for the athlete to return to riding is to be evaluated and cleared by a licensed medical doctor (M.D.), Osteopathic Physician (D.O.) or a Clinical Neuropsychologist with Concussion Training. The person clearing the athlete must complete and sign the “Concussion Clearance” form below.

¹ The term « athlete » is a generic term which includes riders, vaulters and drivers.

CONCUSSION CLEARANCE FORM

Note: *The health care provider completing this form should be familiar with the 4th International Concussion in Sport Group Guidelines, the Concussion Recognition Tool (CRT) and the SCAT-3, and must have the ability to perform a basic neurologic exam.*

Athlete's Name:

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FEI ID number:

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Date of Birth:

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Date of Injury:

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1) This return to riding plan is based on today's evaluation.

Date of Evaluation:

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Care plan completed by:

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Date of follow-up examination:

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2) The following are the return to riding recommendations at the present time *(please initial any recommendations that you select):*

- ☐ *REST. Do not* return to riding, training, practice or competition at this time.
- ☐ May gradually return to riding under the supervision of your team health care provider.
- ☐ Must return to the treating health care provider for final clearance to return to competition.
- ☐ Cleared for full participation in all activities without restriction.

This recommendation is based on the Levels / Stages of Return to riding outlined page 3.

TREATING HEALTH CARE PROVIDER INFORMATION (please print/stamp)

Please check: ☐ Medical Doctor (M.D.) ☐ Osteopathic Physician (D.O.)

☐ Clinical Neuropsychologist w/ Concussion Training

Name:Signature:

Office Phone:

Office Address:

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Email:

Levels / Stages of Return to Riding

1. REST - No activity, complete cognitive and physical rest, Do NOT ride a horse. Once asymptomatic proceed to level 2.
2. Progress to light aerobic training (walking, jogging), no resistance training.
3. Progress to sports specific exercise, i.e. riding - going out for a hack / flatwork
4. Non-contact training drills, i.e. work riding.
5. Full training after medical clearance including neuropsychological testing.
6. Back to equestrian competition.

If at any of these stages, the athlete becomes symptomatic, he should revert to the first level of activity for 24 hours before attempting again to move on to the next level.

Note: Cognitive judgement, balance and coordination are impaired in concussion injury. The concussed athlete must not ride a horse in the first stages of recovery.

KEY PRINCIPLES FOR RETURN TO EQUESTRIAN SPORTS FOLLOWING CONCUSSION

1. REST. Athletes MUST NOT RIDE A HORSE the same day that their head injury occurred.
2. Athletes should NOT return to riding if they still have ANY symptoms.
3. Athletes, you MUST INFORM your coach and/or trainer of your concussion injury, symptoms, and provide the contact information for the treating health care provider.