

Concussion: diagnosis and management at FEI events

1. Organizers of International Events in conjunction with the Event's Medical Officer¹ should have a written injury management plan including concussion. This plan should contain the following information:

- a) Designation of the medical provider or trained medical personnel who will be in charge of the care of concussed athletes² (see point 2. below).
- b) Designation of a quiet area on site where concussed athletes may be taken for additional evaluation.
- c) Plan for mechanism of communication of eligibility decision from the concussion care provider to the Ground Jury, using the procedure of the applicable rules.
- d) Plan for stabilization and evacuation of athletes with critical neurological injuries, including identification of the designated trauma center with neurological specialty care.

The Event's Medical Officer must be familiar with the Concussion Recognition Tool (CRT). In addition, prior to the event, the Event's Medical Officer should identify the medical provider (physician or medical facility) or trained medical personnel who will serve as Practitioner for Neurological Injuries (referred in this document as "PNI"). The PNI (who may also be the Event's Medical Officer) must meet the following minimum requirements:

- a) Familiarity with the Latest International Concussion in Sport Group Guidelines;
- b) Familiarity with the current Concussion Recognition Tool (CRT) and the current Sport Concussion Assessment Tool (SCAT) published on the FEI website at <http://inside.fei.org/fei/your-role/medical-officer> and in Appendix 1 and 2 of the present document;
- c) Ability to perform a basic neurologic exam;
- d) Completion of the on line training module "Heads Up for Concussion" (<http://www.cdc.gov/concussion/HeadsUp/clinicians/index.html>), or equivalent.

¹ Emergency medical care provider identified for the Event in accordance with article 109.10.1, General Regulations

² The term « athlete » is a generic term which includes riders, vaulters, drivers and lungers.

2. Prior to competing, athletes are required to notify the Event's Medical Officer if they are currently being treated for concussion symptoms or have been withheld from a competition in the past month due to a neurologic injury or symptom. Similarly, National Federations and Chefs d'Equipe and any other relevant person are required to inform the Event's Medical Officer if they are aware of a participating athlete in such situation. Also, the Event's Medical Officer should have the opportunity to meet with and examine any participating athlete who may have current neurologic symptoms.
3. During briefings, athletes should be reminded of the signs and symptoms of concussion, and told to report any of these to the Event's Medical Officer if they occur at any time on site during practice or competition.
4. As a principle all falls should be reported to the Event's Medical Officer.
5. During the evaluation of any suspected concussion, the examining medical provider should use the Concussion Recognition Tool (CRT) to identify whether the athlete may have suffered a concussion. If any of the CRT screening measures are positive, then the athlete is presumed to have suffered a concussion and the following shall apply:
 - a) The athlete must not ride a horse nor return to competition/training for the remainder of the day;
 - b) A SCAT assessment is recommended if possible;
 - c) The PNI shall facilitate transport of the athlete to the designated neuro trauma hospital if any of the "Red Flag" symptoms described in the CRT tool are present, ("Red Flag symptoms" may indicate other serious Head or Brain Injuries);
 - d) If the PNI identifies that the athlete has suffered a concussion then he/she must:
 - Immediately notify the Ground Jury that the athlete may not participate in any further competitions during that day (see below for Events taking place over more than one day). This information should be included in the standard Technical Delegate and/or Foreign Judge report;
 - Provide a copy of the SCAT assessment form to the Medical Officer of the Event;
 - Provide a copy of the SCAT assessment form or FEI Clearance Form (see Appendix 3) to the athlete and inform him of his

- responsibility to take it to his physician for clearance to verify his fitness to compete;
- Whenever possible, inform the athlete's national federation that this athlete has been asked to have his fitness to compete reassessed by his doctor following the fall / concussion.
- e) If still on site, the injured athlete should be monitored and will be reassessed by the PNI on the next day. If the athlete is traveling elsewhere then he/she shall be instructed to be seen by a medical practitioner with expertise in the care of concussed athletes for follow up.
- f) For Events taking place over more than one day, the injured athlete can return to competition on the following day ONLY when the following criteria are met:
- i. Repeat evaluation by the PNI reveals no symptoms reported by the athlete;
 - ii. Brief neurological assessment by the PNI is normal;
 - iii. The athlete has no neurologic symptoms during a short period of brisk exercise.
- g) The PNI must document in writing that the athlete has been cleared to return to competition, using, whenever possible, the FEI Concussion Clearance Form. This must be communicated to the Event's Medical Officer, who in turn will inform the TD and/or Foreign Judge. Any athlete who suffers concussion as determined by the PNI should not compete in any future sanctioned FEI Event until he receives written clearance for participation from an appropriate health care provider who can certify that:
- iv. He/she (the physician) is familiar with the management of concussed athletes;
 - v. The injured athlete has no symptoms of concussion and is cleared for full participation without restriction;
 - vi. Written clearance shall be given by using the FEI Concussion Clearance Form. The athlete shall be given a copy of this form.

Appendices:

1. CRT5 tool
2. SCAT-5 and child SCAT5
3. FEI Concussion Clearance Form