

Concussion Return To Play Form



This form must be used by FEI athletes who have been diagnosed with concussion, in order to confirm their fitness to compete to their National Federation.

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

Athlete's Name:

FEI ID Number:

Date of Birth: / /

Date of Injury: / /

I have assessed this athlete and find no symptoms or signs of continuing concussion.

Date of Evaluation: / /

Treating health care provider information

(please print/stamp)

By signing this document, I confirm that I am familiar with and trained in sport concussion assessment and management.

Name:

Qualifications:

Signature:

Office Phone:

Office Address:

Email:

Concussion Return To Play Form

Athlete Information



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. Concussion can occur with or without loss of consciousness (being “knocked out”).

Concussion management is very important to make sure that all symptoms have cleared before return to riding. This is because further damage may occur if the brain receives additional impacts before it has fully recovered from the initial concussion episode.

Concussion Management:

1. Any athlete with concussion or suspected of having a concussion should be evaluated by an appropriate¹ health-care professional that day;
2. Cognitive judgement, balance and coordination are impaired in concussion injury. The athlete must not return to riding a horse on the same day of a concussion;
3. Any athlete with a concussion must follow the stages of return to riding outlined below.

Stages of Return to Riding

If at any of the stages indicated below the athlete becomes symptomatic, he/she should revert to the first stage of activity for 24 hours before attempting again to move on to the next stage.

1. **Rest** - No activity, complete cognitive and physical rest, do NOT Ride a horse. Once asymptomatic proceed to stage 2.
2. Progress to light aerobic training (walking, jogging), no resistance training.
3. Progress to sports specific exercise, e.g. riding on the flat, hacking.
4. Gradually increased training intensity.
5. Full training when symptom free.
6. Back to equestrian competition after completion of Concussion Return to Play form by an appropriate² health care professional.

¹ Health care professional experienced in the management of sport concussion in line with the International Concussion in Sport Group Guidelines

² As above.