



**EQUESTRIAN SPORTS
NEW ZEALAND**

**ESNZ CONCUSSION
RETURN TO RIDING FORM**

ESNZ General Regulation Article 150

8. If a concussion is suspected, by a member of the Ground Jury, or event medical personnel, at the event, the rider must then be immediately removed from participating. The rider must then be referred for immediate medical review or have an assessment from a medical professional post-event – for confirmation or exclusion of a concussion and consideration of other diagnoses. No rider should return to riding or competition on the day of a suspected or confirmed concussive injury. If a concussion is confirmed, the rider is to be stood down from all competition for at least 21 days and be issued with a Blue Card concussion note on the ESNZ database.
- 8.1. Clearance by a qualified medical professional (from a general practice or primary care team) is strongly recommended before returning to training or full competition.
- 8.2. If a rider who has been issued with a Blue Card competes inside the 21 day stand down, this may result in disciplinary action taken through the ESNZ disciplinary process set out in the ESNZ General Regulations.

Athletes/Riders:

- If you have been issued with this Blue Card form which prevents you from taking further part in competition over the next 24 hours at least, it is because a qualified ESNZ Official is concerned that you have a suspected concussion. Your safety and wellbeing are paramount.
- It is required that you seek medical attention asap or within 24 hours, at the very longest, to have an assessment for concussion.
- If concussion is confirmed by a medical professional, **you will be required to stand down from competition for at least 21 days.** Will also strongly recommend you provide medical clearance to compete again.
- Send your clearance form to nzef@nzequestrian.org.nz (during office hours)

Doctors/Medical Specialists:

This form is adapted from the Equestrian Sports New Zealand Concussion Policy which can be found on our website - www.nzequestrian.org.nz/safety/concussion/, and is in accordance with ACC and Axis Sports Medicine (www.axisportsmedicine.co.nz/). All medical providers are encouraged to review these sites if they have any questions regarding the latest information on the evaluation and care of the athlete following a concussion injury.

Athlete's Name: _____ Date of Birth: _____
Date of Injury: _____

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| <p>This return to riding plan is based on today's evaluation.</p> <p>Care plan completed by: _____</p> <p>Return to riding on (date): _____</p> | <p>Date of Evaluation: _____</p> <p>Return to this office. Date/Time: _____</p> <p>Return to competition on (date): _____</p> <p style="text-align: center;">(may confirm at a later time)</p> |
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Return to Riding:

1. Athletes should not return to riding on the same day that their head injury occurred
2. Athletes should never return to riding if they still have ANY symptoms
3. Athletes, be sure that your coach and/or an ESNZ Official or First Aid person are aware of your injury, symptoms, and has the contact information for the treating Doctor.

Medical Office Information (Please Print/Stamp):

Doctor's/Specialist's Name: _____ Office phone: _____
Doctor's/Specialist's Signature: _____





Day 0 = Day of the injury/concussion

GRADUATED RETURN TO EDUCATION/WORK & SPORT PROTOCOL

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|-------------------|------------------------|--|---|
| STAGE 1 | Days 1 - 2 | | Relative Rest for 24-48 hours (i.e light activities of daily living that do not provoke symptoms are ok) <ul style="list-style-type: none"> • Minimize screen time • Gentle exercise (i.e. walking around the house) |
| STAGE 2 | Days 2 – 13 | <i>Minimum of 24 hours between stages before progressing</i> | Gradually introduce daily activities <ul style="list-style-type: none"> • Activities away from school/work (introduce TV, increase reading, games etc) • Exercise – light physical activity (e.g. short walks outside) |
| STAGE 3 | | Symptoms should be progressively <i>improving</i> . | Increase tolerance for mental & exercise activities <ul style="list-style-type: none"> • Increase study/work-related activities with rest periods • Increase intensity of exercise guided by symptoms |
| STAGE 4 | | If symptoms worsen drop back a stage. | Return to work/study & sport training <ul style="list-style-type: none"> • Part time return to work/education • Start training activity without risk of head impact |
| STAGE 5 | Earliest Day 14 | | Return to normal work/study & sport-specific training <ul style="list-style-type: none"> • Completion of Stages 1- 4 AND • Fully reintegrated into work or school AND • Symptom free at rest • AND ≥ Day 14 post-injury → reintegration into full sport-specific training can occur |
| STAGE 6 | Earliest Day 21 | | Return to sports competition <ul style="list-style-type: none"> • Completion of Stage 5 AND • Symptom free during sports training • AND ≥ Day 21 post-injury • AND it is strongly recommended that the rider has received medical clearance from a qualified medical professional (from general practice or primary care team). |