

CONCUSSION – YOUR ROLE

The signs of concussion aren't always as obvious as a physical injury so it can be easy to turn a blind eye. However, concussion is just as important if not more important to recognise and properly recover from.

Anyone involved in equestrian sport – riders, coaches, officials, volunteers, supporters, and whānau – have a role to play in making concussion impossible to ignore!

Everyone should know what to look out for and what to do when we suspect a rider has sustained a concussion.

For more information visit:
<https://www.nzequestrian.org.nz/safety/concussion/>

Recognise and Remove

If concussion is suspected, **remove** the rider from activity immediately.

Refer

The rider for assessment by the on-site event designated medical personal and seek an **urgent assessment by a medical professional**. If concussion is confirmed then ESNZ need to be informed and the 21 day stand down from competition applied to the rider

Report

ESNZ Online incident report

Return

Stage 5 of the graduated return to sport summary can commence only if the rider has been symptom free at rest for a minimum of 14 days and has fully reintegrated back into work/education.

Full return to sports competition should be no earlier than Day 21 post-injury