

SOUTH AUSTRALIAN ENDURANCE RIDERS ASSOCIATION

CONCUSSION PROTOCOL

Endurance riders (or support persons) who suffer a head injury of any type, or an injury to any other part of the body where force is transmitted to the head, are to be assessed using the Concussion Recognition Tool 5 (CRT5) on the back of this document.

In Step 4 (Memory Assessment), questions specific to the endurance ride should be asked, such as;

- Where is the ride being held?
- Who is the Chief Steward for this ride?
- Which distance are you riding today?
- Who were you riding with when you had your accident?

If concussion is diagnosed, the following steps need to be taken;

1. A responsible adult is designated to remain with the injured person for at least the first 4 hours
 - Deterioration (as per CRT5 overleaf) should be reported immediately to the Chief Steward and an ambulance called
2. Alternative arrangements made so that injured person does not drive home
 - This may include arrangements to transport the injured person's horse
3. A copy of this protocol and CRT5 should be given to the person monitoring the injured person and sent home with the injured person
4. The concussed person should be advised to be assessed by a medical professional as soon as practicable and should not return to any horse riding until cleared to do so
5. The concussed person must provide a clearance medical certificate prior to nominating for the next endurance ride on the calendar
 - The certificated is to be emailed to the SAERA secretary on saera5@adam.com.au