

# 2025



EQUESTRIAN  
AUSTRALIA



## CONCUSSION PROTOCOL UPDATE EA COACHES

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[equestrian.org.au](http://equestrian.org.au)

**Safety is everyone's responsibility.**

# 2025 Equestrian Australia Concussion Protocol Update



## What has changed?

- 1** Equestrian Australia has adopted the AIS Australian Concussion Guidelines for Youth and Community Sport effective March 2024. Detailed information available at <https://www.concussioninsport.gov.au> or via the EA Website EA Health and Safety Page.
- 2** The tools for coaches to recognise the signs of concussion have been updated. Head Check App or CRT6 (Concussion Recognition Tool)
- 3** The minimum stand down period from competition following a diagnosis of concussion has been changed to 21 days for both youth and community athletes-a Graded Return to Sport should include 14 days symptom free
- 4** A Concussion Advice Form is available on the EA website for coaches to provide the athlete or the the person monitoring them with information around concussion management.

## What stays the same?

All concussions should be treated seriously and conservatively

**If in doubt-sit them out!**

**All suspected concussions must be reported via a Form 08 Incident Report within 24 hours**



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