

**EA Concussion Protocols-Coaches** 

Coaches Seminar

Brain injury caused by a knock to the head or anywhere where the force is transmitted to the head

- involves temporary neurological impairment
- symptoms may evolve over hours or days after a fall
- Rest, followed by gradual return to activity is the main treatment
- All concussion is serious



- Growing concern in Australia and internationally about the incidence of sport-related concussion and potential health ramifications for athletes.
- Concussion affects athletes at all levels of sport, from the parttime recreational athlete to the full-time professional
- Complications can occur including prolonged duration of symptoms and increased susceptibility to further injury
- Growing concern about potential long-term consequences of multiple concussions



#### Concussion in Children If in Doubt-Sit Them Out

- evidence supports a slower rate of recovery in children and adolescents aged 18 and under
- a more conservative approach to concussion is recommended,
- return to learn should take priority over return to sport
- School programs may need to include more regular breaks, rests and increased time to complete tasks
- no return to competitive activities less than 14 days from the resolution of all symptoms



# What is EA doing?

- EA fully supports the Sport Australia Concussion in Sport position statement
- That current Eventing protocol will be amended to be consistent with the Concussion in Sport position statement
- a similar protocol introduced to other disciplines effective July 1st 2019
- It will be implemented though a change to the EA General Regulations



#### Key points of Protocols If in Doubt-Sit Them Out

- Upon recognition of suspected concussion, the athlete will be removed from further competition.
- If a medical practitioner is on site they should assess the athlete and decide if an athlete has suffered concussion-if no medical practitioner is on site the athlete will be assumed to have concussion. Athletes must not drive or operate machinery until medically cleared.
- The athlete must follow the Return to Sport Protocol as per Diagram 1 (diagram 2 for 18 years and younger) of the Concussion in Sport Australia position statement
- The athlete will be suspended from competition for at least six days (14 days for 18 years and younger) from the concussion incident
- The athlete will be suspended from competition until they have written clearance to return by a medical practitioner

### How can Coaches Help If in Doubt-Sit Them Out

- Communicate the concussion message to your clients-in particular that concussion in training is just as important as concussion in competition
- Apply the basics of concussion management

Recognise-using the CRT5

Remove-no further riding if suspected of concussion

Refer- advise the athlete to seek medical advice (for injuries not requiring emergency assistance) and provide a concussion advice card. Identify alternate transport arrangements-the athlete must not drive.

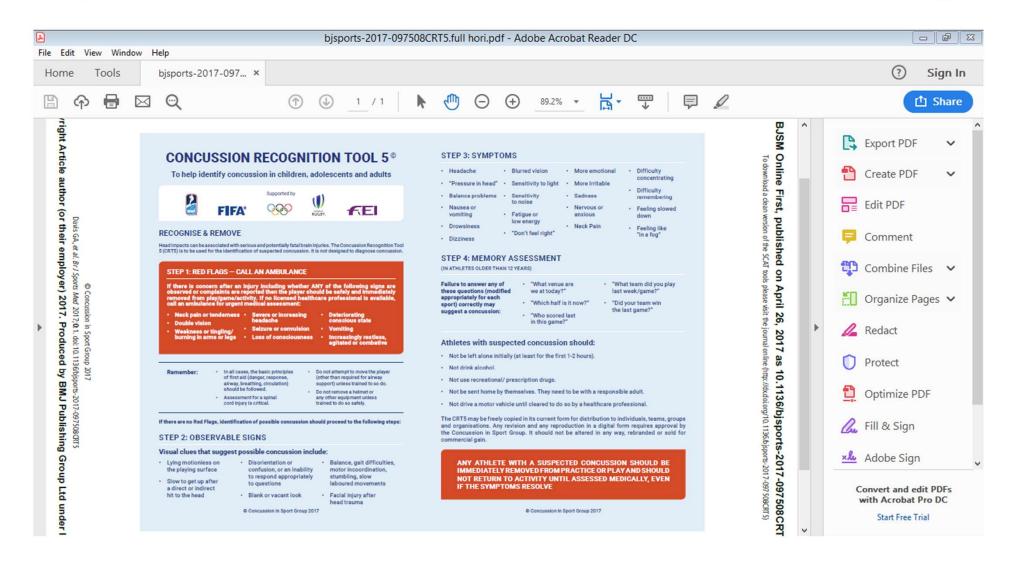
Remind – remind the athlete of the need to follow return to play guidelines

# Recognising Concussion If in Doubt-Sit Them Out

- Recognising concussion can be difficult
- Suspect concussion when an injury results in a knock to the head or body that transmits a force to the head
- A hard knock is not required—concussion can occur from relatively minor knocks.
- Medical Practitioners have specialised tools
- Officials, coaches, parents, first aiders use the <u>Concussion</u>
  <u>Recognition Tool 5</u> to help them recognise concussion



#### If in Doubt-Sit Them Out





#### Resources

Concussion in Sport Website

https://www.concussioninsport.gov.au/

FEI Concussion Recognition and Management

https://inside.fei.org/fei/your-role/medical-safety/concussion

CRT5

https://sportconcussion.com.au/wp-

content/uploads/2016/02/Concussion Recognition Tool5.pdf

EA Concussion Advice Card

https://www.equestrian.org.au/officials/eventing

• EA Concussion email advice (currently set for existing eventing protocol but will be changed mid june)

https://www.equestrian.org.au/officials/eventing



