

This document is to be issued to the person monitoring the suspected or concussed EA member.

Dear _____ (EA Member),

I/We _____ have identified that you may have sustained an injury

to your head, this being a suspected or confirmed concussion, following a careful assessment: SCAT / CRT5 / HeadCheck (please circle) has been completed.

Recovery time is variable for individuals, and you will require further monitoring for an additional period by a responsible adult. Your treating medical practitioner will provide you with guidance as to this required time frame.

Requires Immediate Action:

If you notice any change in athletes (patient) behaviour, e.g. vomiting, dizziness, worsening headache, double vision or excessive drowsiness or any other unusual symptoms:

Immediately contact the nearest hospital emergency department or call 000.

Other Important Information:

- Rest both physically and mentally
- Do not consume alcohol
- Do not take sleeping tablets
- Do not use aspirin, anti-inflammatory medication, sedatives or analgesic (pain) medication
- Do not use any prescription or non-prescription medication without medical supervision or clearance
- Do not drive a motor vehicle or any other form of transportation until medically cleared to do so
- Do not participate in training or playing sports until all symptoms have resolved and you have a full-medical clearance from a medical practitioner

Other Information:

As you may already know, according to Equestrian Australia's General Regulations and Sport Rules, all EA members (athletes) suspected of sustaining a concussion, **CANNOT** return to equestrian sport (including training) or participate in activity at a competition in accordance with the following medical parameters:

- a) minimum of 14 days, if aged 18 years or younger or
- b) minimum of 6 days if aged 19 years or older.

You have now been placed on the EA "**Concussion On Hold**" list which is available to EA Officials, Coaches and competition organising committees via MyEA. This prevents you from participating in any EA affiliated equestrian sport activity. This status will only be removed following receipt of a medical certificate from a certified General Practitioner or Medical professional.

EA strongly recommends you seek medical advice and follow a graduated return to sport requirements as outlined in <https://www.concussioninsport.gov.au/>

If you (or your parents/guardians) have any further questions regarding this suspension, please contact EA's National Safety Manager (0481 162 596) or email reporting@equestrian.org.au

Note: This document is to be issued by the Medical Service Provider (MSP) EA Official or Coach to the person who is monitoring (support person) the concussed EA member (athlete) for either a suspected or confirmed concussion at any EA endorsed event, competition or training activity.