

EA-HSMS-MED-EA Member Concussion Advice

EA-HSMS-MED-Form 09A

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 an assessment: SCAT / CRT5 / HeadCheck/other (please circle) having been completed. Recovery time varies for individuals. You will now require further monitoring by a responsible adult. Your treating medical practitioner will advise you regarding the required monitoring time frame.

Requires Immediate Action:

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

Immediately call 000 or contact the nearest hospital emergency department.

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 resolve and you have a full-medical clearance from a medical practitioner

MSP other comments:

Equestrian Australia's General Regulations and National Sport Rules, outlines all EA members (athletes) who have a suspected concussion, **CANNOT** return to equestrian sport (including training) or participate in any equestrian activity (including officiating or coaching) in accordance with the following medical parameters:

a) if aged 18 years or under, **minimum of 14 days** OR b) if aged 19 years or over, **minimum of 6 days**

EA will now place you on MyEAs **Concussion on Hold** list, available to view by all current EA Officials, Coaches and organising committees. This prevents you from participating in any EA equestrian event or activity.

EA will **ONLY** remove **Concussion on Hold** status once the mandatory sit-out time-period of a) or b) above has been completed. Following the completed sit-out time-period a medical certificate from a certified General Practitioner or Medical professional is required to be uploaded onto MyEA.

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

Signature EA Member representative: _____ Name: _____

Date Issued: ____/____/____. Issued By: _____ Title: _____

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, or training activity.