



## The following changes to the Equestrian Australia General Regulations become effective

15 August 2024

Rule	Heading	Justification	Revised Rule
Article 140	Protection of Athletes – 1. Concussion Protocol	<p>To adopt the proposed updates to General Regulation Article 140 – Protection of Athletes, to account for the updated Concussion protocols implemented on 16/3/24.</p> <p>The Australian Institute of Sport (AIS) in response to growing international evidence concerning the effects of concussion, their own medical advice and the recommendations of a Federal Parliament Senate Committee into concussions and repeated head trauma have released an updated “Concussion and Brain Health Position Statement 2024” on Feb 1st 2024. One of the follow up actions post implementation remaining is to update General Regulation 140 with reference to these new protocols.</p>	See details below
Article 140	Protection of Athletes - 1. Concussion Protocol	<p>Of note:</p> <ul style="list-style-type: none"> <li>• Section 1(b) (Upon recognition of suspected concussion, the affected rider will be removed from competition, an event, or equestrian activity) has been moved down to section (d) to better reflect the order that the process occurs;</li> <li>• <i>The CRT5 check referred to in section 1(c) has been updated to CRT6 in line with advice from the NMCG;</i></li> <li>• The process for return to competition outlined in section 1(e) has been simplified and updated to reflect the new AIS protocols;</li> <li>• The AIS protocols refer to different protocols for professional and recreational/junior athletes. The changes to Article 140 have been made to align with the requirements for recreational/junior riders only as it has been assumed that no rider in Australia has access to the resources required to meet the professional athlete protocols in the AIS protocols (e.g. direct access to medical specialists);</li> <li>• These changes only apply to Section 1 of Article 140. Section 2 – EA Accredited Coaches remains unchanged; and</li> <li>• The Sports Australia, Australian Institute of Sport and Australian College of Sport and Exercise Physicians Position Statements and Guidelines listed in the final subsection of the existing Article are now considered to be redundant and were removed;</li> </ul>	

## 1. Concussion Protocol

- a) ~~All EA Concussion Protocols (from 01.01.2021) must be adhered to by all EA sport disciplines, affiliated clubs and coaches. <https://www.equestrian.org.au/content/health-and-safety-training>~~
- ~~b) Upon recognition of suspected concussion, the EA member or non-member will be removed from competition, an event, or equestrian activity.~~
- b) If a suitably qualified medical service provider is on site at the competition, an event or equestrian activity the EA member or non-member must be assessed for a suspected concussion.
- c) If there is no suitably qualified medical service provider on site at the competition, event or equestrian activity the EA member or non-member (rider) must be assessed by a designated Official, Coach or other relevant other person, using standardised sports concussion tools (e.g. CRT5-CRT6 or Headcheck). The affected rider should then be referred for medical review.
- d) Upon recognition of a suspected concussion, the affected rider will be removed from competition, an event, or equestrian activity.
- e) The actions outlined in b) or c) and d) must be completed, ~~Both b) and c) assessments must always be completed~~, taking a conservative approach in assessing and managing a suspected concussion. The following process for a return to equestrian competition, event or activity for riders with a diagnosis of concussion will apply:

The EA member or non-member will be stood down from competition for a minimum of twenty-one (21) days following the day of the incident where the concussion occurred; and The EA member or non-member will not be able to resume competition until a medical clearance (from a medical practitioner) has been received by EA.

~~For adults (age 19 years and over) with a suspected concussion:~~

~~✓ The EA member or non-member will be suspended from competition, events or equestrian activities for a minimal six (6) days following the suspected concussion incident (or longer, depending on the duration of symptoms) and;~~

~~✓ The EA member or non-member will not be able to resume competition, events, or equestrian activities until a medical clearance (from a medical practitioner) has been received by EA National at [reporting@equestrian.org.au](mailto:reporting@equestrian.org.au)~~

~~ii) For children (age 18 years and under) with a suspected concussion:~~

~~✓ The EA member or non-member will be suspended from competition, events, or equestrian activities for a minimal of fourteen (14) days from the suspected concussion incident (or longer, depending on the duration of symptoms) and;~~

~~✓ The athlete, EA member or non-member will not be able to resume competition, events, or equestrian activities until a medical clearance (from a medical practitioner) has been received by EA National at [reporting@equestrian.org.au](mailto:reporting@equestrian.org.au)~~

- f) The EA member or non-member must follow the Graded Return to Sport Protocol as outlined in the Concussion in Sport Australia position statement [https://www.concussioninsport.gov.au/\\_data/assets/pdf\\_file/0004/1133545/37382\\_Concussion-and-Brain-Health-Position-Statement-2024-FA.pdf](https://www.concussioninsport.gov.au/_data/assets/pdf_file/0004/1133545/37382_Concussion-and-Brain-Health-Position-Statement-2024-FA.pdf) Return to Sport Protocol as per Diagram 1 (adults 19 years and over) and Diagram 2 (children 18 years and under) of the Concussion in Sport Australia position statement [https://concussioninsport.gov.au/\\_data/assets/pdf\\_file/0005/683501/February\\_2019\\_Concussion\\_Position\\_Statement\\_AG.pdf](https://concussioninsport.gov.au/_data/assets/pdf_file/0005/683501/February_2019_Concussion_Position_Statement_AG.pdf)
- f)g) It is the EA member or non-member's responsibility to comply with all EA Concussion Protocols and follow Graded Return to Sport Protocols. For all children 18 years and under it is the responsibility of their parent or guardian.  
~~for complying with suspensions and following all Sports Australia Return to Sport Protocols. For all children 18 years and under it is the responsibility of their parent or guardian.~~
- g)h) It is the responsibility of a designated Official, Coach or other relevant person other to ensure EAs Incident reporting Protocols are completed including that EA-HSMS-MED-Incident-Referral Report Form for the suspected concussion is submitted to EA at [reporting@equestrian.org.au](mailto:reporting@equestrian.org.au) within 24 hours. In addition, as soon as practical, the EA member or non-members support person should receive EA-HSM-MED EA Member Concussion Advice Form. <https://www.equestrian.org.au/content/health-and-safety-training> EA-HSMS-MED-Incident-Referral Report Form 08 for the suspected concussion is forwarded to EA National Safety Manager at [reporting@equestrian.org.au](mailto:reporting@equestrian.org.au) within 24 hours. In addition, as soon as practical the EA member or non-members support person received notification of EAs National Concussion Protocols for return to sport by issuing EA-HSM-MED-EA Member Concussion Advice Form 09A. <https://www.equestrian.org.au/content/health-and-safety-training>
- h) ~~It is the responsibility of a designated Official, Coach or relevant other to log the suspected EA member concussion onto MyEA (on-line), by completing EA-HSM-MED-EA Member Concussion Advice Form 09, within 24 hours.~~
- i) EA National (authorised personnel ONLY) will maintain all EA Member and non-member "concussion on hold" records but it remains the individual's responsibility to comply with stand down advice and Graded Return to Sport Protocols.  
~~and manage all return to sport medical clearances and removals of MyEA concussion on hold statements.~~
- ii) EA National abides by all Sports Australia, Australian Institute of Sport and Australian College of Sport and Exercise Physicians Position Statements and Guidelines. <http://www.acsep.org.au/content/Document/Concussion%20Position%20Statement%20-%20February%202019.pdf> <https://www.concussioninsport.gov.au/>