

Concussion



Concussion is a potentially serious condition and as per [the concussion advice card](#) riders or support people suspected of concussion must not drive until medically cleared to do so.

Officials at an event must:

- Be aware when a suspected concussion has occurred. Concussion should be suspected 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.
- Remove the rider or support person from further competition
- Advise the ROC to identify the “person monitoring” and ensure alternate transport arrangements are available (riders or support people suspected of concussion must not drive)
- Provide the “person monitoring” a [concussion advice card](#) (where possible) and advise the rider or support person by email of the of this (copy reporting@equestrian.org.au)
- Report the concussion to Reporting@equestrian.org.au

Responsibility for identifying the “person monitoring” and ensuring alternate transport is arranged should be taken on by the ride organising committee as it has access to riders’ emergency person contact details as well as knowing local contacts who can assist with the arrangements.

Under Equestrian Australia General Regulations, all riders suspected of sustaining a concussion may not ride at another competition for a minimum of 14 days if aged 18 years or younger, or a minimum of 6 days if aged 19 years or older.

We strongly recommend riders or support people suspected of being concussed seek medical advice and follow a graduated return to sport policy as outlined at <https://www.concussioninsport.gov.au/>

Riders **must** also obtain a signed medical certificate from their General Practitioner or medical professional, indicating they are free from any impairment resulting from the suspected concussion, and are cleared to ride.

This must be sent via email to [the TEERA Secretary](#) and reporting@equestrian.org.au and presented to the officials at the next ride.

Further information about concussion is available [here](#).