

Concussion Policy for Australian Mounted Games Association (AMGA)

Based on the government initiative of “If in doubt, sit them out” and the EA concussion policy

https://www.concussioninsport.gov.au/_data/assets/pdf_file/0003/1133994/37382_Concussion-Guidelines-for-community-and-youth-FA-acc-v2.pdf

If a rider has a heavy fall or hits their head during the fall they will be assessed by the AMGA First Aid Officer of the day following these steps:

A) If the rider appears to have lost consciousness, however briefly:

1. They will be sat out and it will be recommended that they seek medical advice. (If unconscious for a while, rider/parents will be told that it is recommended that an ambulance be called, or First Aider will arrange for an ambulance to be called.)
2. The rider/parents will be given a note outlining symptoms to watch out for (for concussion or delayed concussion) and explaining that:
3. They will not be allowed to compete again until 21 days symptom free have passed **AND** they have a doctor's certificate clearing them to ride.

B) If the rider appears to NOT have lost consciousness:

1. They will be observed for signs of concussion using the following steps found in <https://bjsm.bmj.com/content/bjsports/57/11/692.full.pdf> (CRT6)
2.
 - a) If they display RED FLAG symptoms as in CRT6 – parents/rider will be told that it is recommended that an ambulance be called, or First Aider will arrange for ambulance to be called
 - b) If they display symptoms as shown in Step 2 and 3 (of CRT5 <https://coach.ca/sites/default/files/2020-01/CRT5.pdf> (through observation and/or questioning) the rider (if over 12) will be asked a series of 5 questions which may include:

“What day is it?”

“What grounds are we at?”

“What is your horse's name?”

“What was the race you were just competing in?”

“What type of competition are we doing today?”(indis,pairs,teams)

“What colour is the helmet cover you are wearing this session?”

If the rider is unable to answer the above questions or displays the other symptoms in CRT 5 the First Aider may decide that there is evidence of a possible suspected concussion and follow the steps in section **A)** above.

Once the decision to sit out the rider is made, the First Aider will:

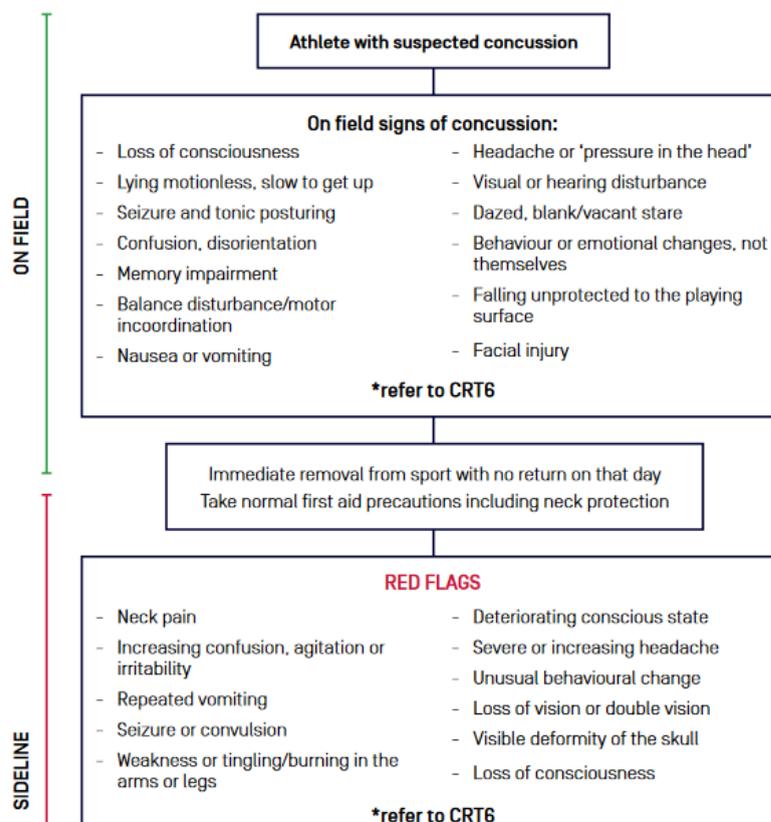
- Give the rider/parent the attached letter
- Will complete an accident/incident form
- Will inform the Branch Secretary of the above

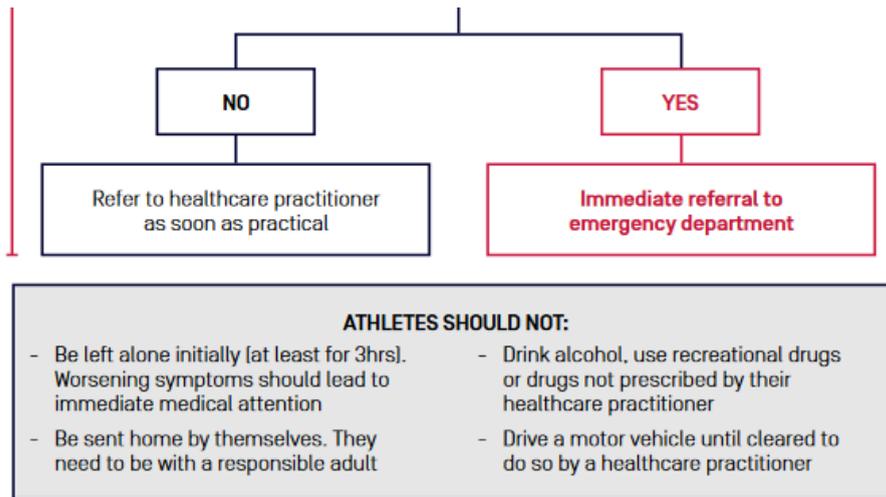
The Branch Secretary will inform the organiser of the following competition/s of the incident and ensure that the organizer understands that the rider cannot return without a doctor's clearance and the time frame in which they can return.

What do immediate management of concussion

Immediately following a suspected concussion, it is important to exclude 'red flags' (signs that suggest the athlete should go straight to hospital). Once 'red flags' have been excluded, the athlete should be referred to a health care practitioner. Return to sport and learning activities commences with a short period of rest of 24-48 hours, followed by a gradual return to sport and/or learn process. Relative rest involves providing rest for both the body (physical rest) and the brain (cognitive rest).

Figure 1: Non-healthcare practitioner at sporting event where there is a suspicion of concussion (for parents, coaches, teachers, team-mates, support staff)





Sometimes concussion is not detected or suspected at the time of injury. The athlete may present two or three days later at home, or at school, with subtle changes in behaviour. It is important that teachers, coaches, parents, school mates and team mates understand the subtle symptoms and signs that can suggest someone has suffered concussion

Dear Parent/Rider

AMGA (following government guidelines) thinks that you/your child have a suspected concussion and should:

- remain in the company of a responsible adult (and be observed for signs of drowsiness, nausea, vomiting, don't feel right, continuing or worsening headache, blurred vision etc- See CRT6)
- not be allowed to drive
- not drink alcohol
- check your/their medications with a doctor
- not take any recreational or prescription drugs (this includes pain killers and anti-inflammatories)

***Your/your child's doctor may suggest:**

You/your child should have immediate physical and mental rest; this allows the brain to 'rest' and helps recovery.

To properly rest, time off school or work may be needed. Mental rest may include refraining from playing computer games, reading and watching television.

NB: Research shows that children and adolescents aged 18 years or younger take longer to recover from concussion

***Returning to competition**

If you/your child have been sat out of a competition/training because of concussion or suspected concussion you will not be allowed to compete until:

1. You have a medical clearance (certificate) from your doctor saying that you/your child is cleared to ride. You must present a copy of this on your return)

AND

2. A period of at least 21 days, symptom free, has passed since the incident .