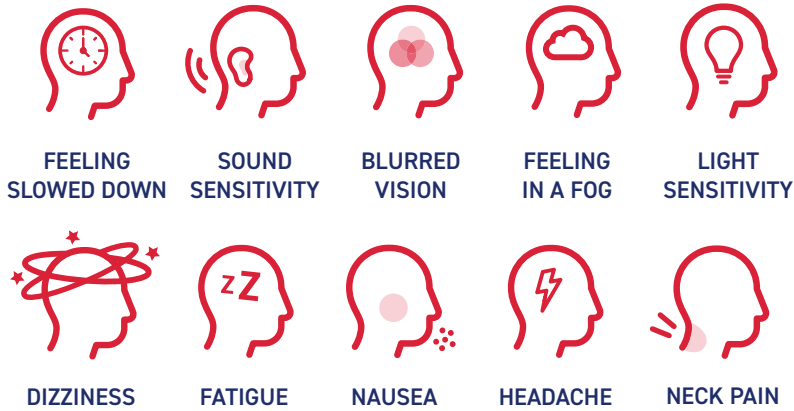


CONCUSSION FACTSHEET

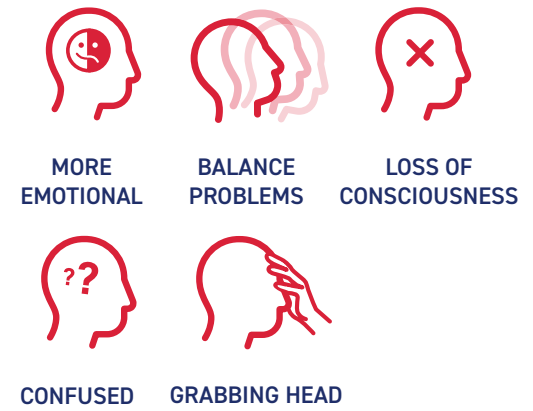
RACING STAFF & RIDERS WITHOUT A CURRENT GB JOCKEY OR RIDER LICENCE

Concussion is an injury to the brain that can happen after a fall or impact to the head or body. Even if it looks like the symptoms are mild, it can have serious effects if not managed well.

WHAT DOES IT FEEL LIKE?



WHAT DOES IT LOOK LIKE?



WHAT SHOULD YOU DO?



RECOGNISE

Always look out for signs and symptoms of concussion after a fall from a horse or any injury where there is an impact to the head or body that could potentially cause concussion.



REMOVE

It is not safe to ride or be close enough to a horse to be kicked if concussion is suspected. Remove the person away from danger, ie: away from the horse. Then get medical help.



RECOVER

As with all injuries, the brain takes time to recover. You often feel better before the brain has fully recovered. It's important to be patient and give yourself time to recover properly.



RETURN

Follow the Graduated Return to Riding guidelines. The guidelines help you to get your confidence and balance back to normal before returning to riding.

WHEN SHOULD YOU GET MEDICAL HELP?

If any of the following 'red flags' are reported or observed, urgent medical assessment from an appropriate Healthcare Professional onsite or in a hospital Accident and Emergency (A&E) Department is needed.

- Any loss of consciousness
- Deteriorating consciousness (drowsy)
- Seizure or limb twitching
- Increasing confusion or irritability
- Severe or increasing headache
- Severe neck pain
- Any suspicion of a skull fracture
- Current drug or alcohol intoxication
- Difficulty understanding or speaking
- Weakness
- Reduced sensation
- Loss of balance

WHERE CAN YOU GET SUPPORT?

MEDICAL SUPPORT:

NHS:
Dial 111 or call your GP

NON-MEDICAL SUPPORT:

National Trainers Federation:
W: www.racehorsetrainers.org
T: 0148871719

National Association of Racing Staff:
W: www.naors.co.uk
T: 01638 663411

Racing Welfare:
W: www.racingwelfare.co.uk
T: 08006300443