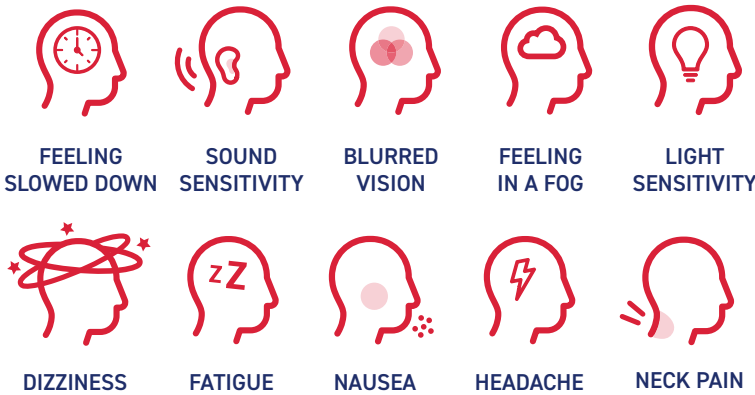


CONCUSSION FACTSHEET JOCKEY

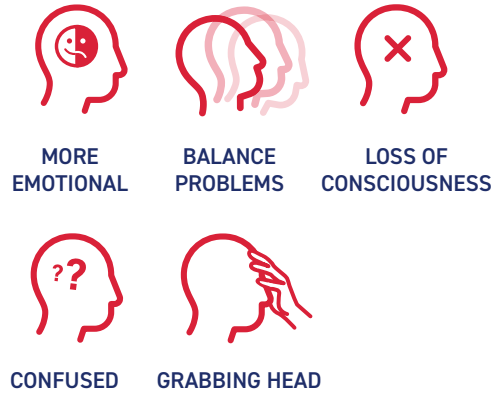
JOCKEYS & RIDERS WITH A CURRENT GB LICENCE

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 Racing guidelines under the supervision of the BHA and IJF Medical Rehabilitation teams. The guidelines help you to get your confidence and balance back to normal before returning to racing.

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:

British Horseracing Authority, Medical Team:
T: 07788567440

Injured Jockeys Fund:

Oaksey House T: 01488 674242
Jack Berry House T: 01653 602090
Peter O'Sullivan House T: 01638 676200

NHS:

Dial 111

NON-MEDICAL SUPPORT:

Professional Jockeys Association:
W: www.thepja.co.uk
T: 01635 778108

The Amateur Jockeys Association of Great Britain:

W: www.amateurjockeys.org.uk
T: 01684 218354 or 07789 935399

Point-to-Point Authority:

W: www.pointtopoint.co.uk
T: 01793 781990