

GRADUAL RETURN TO RIDING

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



Concussion is an injury to the brain and can be very serious. If concussion is suspected or diagnosed, the person must be removed from any activity with a risk of head impact or injury such as riding.

✓ DO

- Stay with a responsible adult for the first 24 hours
- Stay within easy reach of a phone
- Keep screen use to a minimum for the first 2 days, eg: phone, computer, TV
- Rest as needed
- Replace your helmet

✗ DON'T

- **DON'T RIDE A HORSE**
 - Don't drive for the first day*
 - Don't do any activities with a risk of head injury, including horse facing yard duties or contact sports
 - Don't drink alcohol
 - Don't take any drugs unless advised by a doctor
- *Seek medical advice before returning to driving or riding

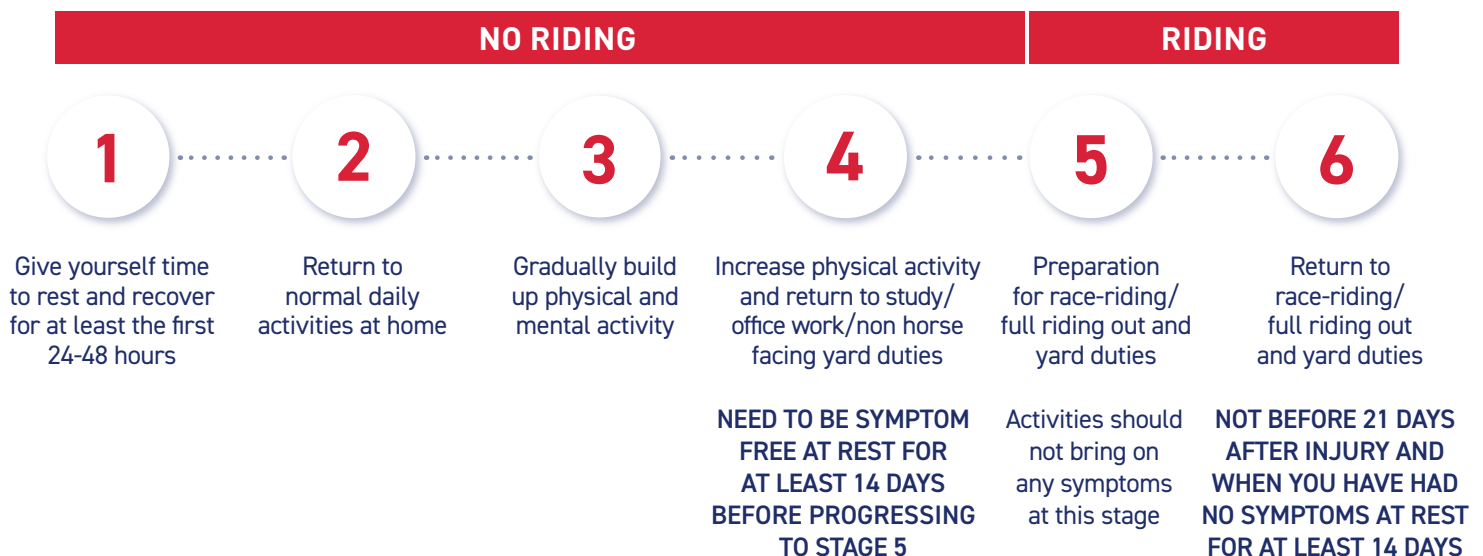
WHEN TO GET HELP

- If symptoms are not starting to settle
- If you have a worsening headache
- If your behaviour is unusual for you
- If you have any weakness or pins and needles in your legs or arms
- If you have vomited more than once within the first 2 days after your injury
- If there is any concern of deteriorating conscious level

IT'S NORMAL

- To have mild symptoms
- For symptoms to come and go
- To not feel like your normal self in the early stages of recovery
- To feel sick or nauseous

STAGES



You should not ride, nor be close enough to a horse to be kicked, before Stage 5 of the Graduated Return to Riding has been reached.

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



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NO RIDING OR HORSE FACING TASKS OR ACTIVITIES WITH A RISK OF HEAD IMPACT OR INJURY BEFORE STAGE 5

RIDING

STAGE 1

FIRST 24-48 HOURS

FOCUS: GIVE YOURSELF TIME TO REST AND RECOVER

Keep physical and mental activity to a minimum for the first 24-48 hours. Gentle activities around the house are fine but avoid activities that make your symptoms worse.

Examples of activities for up to 10-15 minutes at a time:

- Short walks
- Reading
- Light chores at home

PROGRESS TO STAGE 2

Not before 24-48 hours after injury and when symptoms have settled to no more than mild when doing light activity.

1

STAGE 2

FOCUS: RETURN TO NORMAL DAILY ACTIVITIES AT HOME

Start with 10-15 minutes of activity at a time and build up gradually.

Examples of activities:

- Walking or stationary cycling
- Studying or office work
- Reading

If your symptoms increase more than mildly or don't settle after a short rest, reduce the level and duration of the activity. If that doesn't help, seek advice from a Healthcare Professional.

PROGRESS TO STAGE 3

When you can do normal activities at home and 'easy' thinking activities, eg: reading or phone use, with only mild or no symptoms.

2

Gradually work through Stages 3 & 4 at your own pace. Give your brain time to recover. Going too quickly can bring on symptoms and might slow your recovery. Mild symptoms are normal provided they settle after a short rest.

STAGE 3

FOCUS: GRADUALLY BUILD UP PHYSICAL AND MENTAL ACTIVITY

Build up to 20-30 minutes of activity at a time.

Examples of activities:

- Jogging, running, stationary cycling
- Body weight gym exercises
- *No high intensity exercise and no added weights*
- Build up study/office work

PROGRESS TO STAGE 4

When you are back to normal study/office work and are able to do light physical activity with only mild or no symptoms.

3

STAGE 4

FOCUS: INCREASE PHYSICAL ACTIVITY AND RETURN TO STUDY/OFFICE WORK/NON HORSE FACING YARD DUTIES

Build up exercise intensity.

Example of activities:

- Running, stationary cycling
- Resistance exercises with added weight
- Yard duties that are not horse facing, eg: mucking out an empty stable

PROGRESS TO STAGE 5

ONLY WHEN YOU HAVE HAD NO SYMPTOMS AT REST FOR AT LEAST 14 DAYS.

4

STAGE 5

FOCUS: PREPARATION FOR RACE-RIDING/FULL RIDING OUT & YARD DUTIES

Examples of activities:

- Pre-injury level of aerobic and resistance exercise
- Horse facing duties, **HELMET ESSENTIAL**, eg: tacking up, grooming, lunging or leading a horse
- Riding duties with careful horse selection then schooling

Build up the number of lots and speed gradually over time before moving on to schooling. Don't ride if tired, dehydrated or hungry. At this stage, activities should not bring on any symptoms.

PROGRESS TO STAGE 6

NOT BEFORE 21 DAYS AFTER INJURY AT THE EARLIEST AND WHEN YOU HAVE HAD NO SYMPTOMS AT REST FOR AT REST FOR AT LEAST 14 DAYS.

5

STAGE 6

FOCUS: RETURN TO RACE-RIDING/FULL RIDING OUT & YARD DUTIES

It's important to start slowly after recovering from concussion and build up your number of rides on a card if racing.

Remember, you haven't ridden at speed for nearly 3 weeks.

Don't ride if tired, dehydrated or hungry.

Most people return to riding without any problems after concussion but if you have any concerns report them to your Trainer and seek advice from a Healthcare Professional.

IF YOU STILL HAVE SYMPTOMS 28 DAYS AFTER YOUR INJURY, SEEK MEDICAL ADVICE FROM A HEALTHCARE PROFESSIONAL.

6