

concussion pocket guide



for organisers
and medics

recognise and remove rider concussion injury red flags

If a rider displays ANY of the following symptoms they should be safely and immediately withdrawn from racing and should be transported for medical attention to a Hospital. Marshalls - if a rider displays any of the follow please radio for medical staff attention.

Loss of consciousness/deteriorating conscious state

Lying motionless on the ground

Confusion/unusual behaviour change

Increasing confusion or irritability

Severe or increasing headache

Severe neck pain/tenderness*

Repeated vomiting

Double vision

Seizure or convulsion

Weakness, tingling or burning in the arms or legs

*NB: if a neck injury is suspected the rider should only be removed by a healthcare professional

visible signs of rider concussion for race event staff

The presence or development of any one or more of the following visible signs may indicate a concussion injury has occurred. If concussion is confirmed or suspected the rider should stop riding/racing immediately and not return to riding for the rest of that day.

Changing level of consciousness or responsiveness

Slow to get up after a direct or indirect hit to the head

Unsteady on feet/ balance problems or falling over/incoordination

Grabbing/clutching of head

Dazed, blank or vacant look

Obvious facial injury and/or head trauma

Disorientation or confusion and an inability to respond appropriately to questions

symptoms of concussion

While often those with concussion injury will present symptoms straight away, for some there may be a delay in presentation, with concussion symptoms developing over time (up to 48 hours post injury).

Headache

Dizziness

“Pressure in head”

Mental clouding, confusion, or feeling slowed down

Drowsiness/ feeling like “in a fog”

Fatigue

Balance problems

Visual problems

Sensitivity to light

Nausea or vomiting



memory assessment

Failure to answer any of the following questions correctly may indicate a concussion injury

What race event venue are we at today?

What stage are we on now?

Where did you finish on the stage before this one?

What race event did you do before this here in __?

Where did you finish in that race event in __?

SCAT5 Assessment tool for medical practitioners:

<https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>

For more information on concussion injury recognition and treatment please refer to Scottish Sports Concussion Guidance: <https://sportscotland.org.uk/clubs/scottish-sports-concussion-guidance/>

References: Concussion recognition tool 5© British Journal of Sports Medicine 2017;51:872;
<https://sportscotland.org.uk/clubs/scottish-sports-concussion-guidance/>