

CONCUSSION MANAGEMENT



We all have a **collective responsibility** to act in the best interests of member safety and welfare. **Athletes, parents and guardians, officials, coaches and volunteers** must take responsibility for the **recognition, removal and referral** of athletes and must ensure concussion (or suspected concussion) is appropriately managed with medical consultation and following the EA Concussion Management Procedure.

“If in doubt, sit them out”

ON THE DAY



1. Recognise

Learn what to look for in athletes:
 - what they feel
 - how they describe their symptoms
 - how to recognise what a concussion looks like.

Learn to recognise the danger signs of a more severe injury that requires urgent action by calling 000.

CONCUSSION RECOGNITION TOOL (CRT5)



2. Remove

Remove every athlete, with a suspected concussion from training/competition immediately. They should not return. Anyone with a suspected concussion needs to be evaluated by a health care professional experienced in assessing head injuries.

First aid principles must be applied for any neck/spinal injury:
 - The athlete must not be moved.
 - An ambulance must be called for safe removal of the athlete and further assessment.

HEAD CHECK



3. Refer

Any athlete that has a suspected concussion must be referred to a doctor within 12-24 hours of the incident.

It is the athlete's responsibility to email the medical certificate to reporting@equestrian.org.au

SYMPTOMS

- Headache
- “Pressure in head”
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- “Don't feel right”
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like “in a fog”



4. Report

If you complete a concussion assessment using the concussion identification tools you need to fill out a **Form 08** within 24 hours of the incident.

EA INCIDENT REPORT FORM 08



IN THE DAYS AFTER

5. Rest

- The Graduated Return To Play (GRTP) process must be strictly adhered to for an athlete diagnosed with a concussion

- This process begins with complete physical and mental rest for at least 24-48 hours

- This process will be guided by medical advice received when the athlete is referred to a doctor.

6. Recover

- Recovery from a concussion can be lengthy and is individual

- Over this period, light movement and a monitored return to daily activities are recommended until all symptoms have disappeared

- This includes all activities and making a complete recovery is required before returning to training/competition.

7. Record

Once an athlete obtains a medical clearance from a Medical Practitioner, it must be submitted via the **MyEA portal** to remove the athlete from their 'concussion on hold' status.

MYEA PORTAL



8. Return

Returning to training and competition poses a risk of further concussion. To return safely, the athlete must:

- be symptom-free
- have completed a GRTP
- have completed the minimum recovery time period:

7 days for adults 18yo & over
 14 days for children under 18yo

- have been assessed and granted a medical clearance by a doctor.

Equestrian Australia activates Concussion 'on-hold' membership status.



Equestrian Australia notifies the athlete or parent/guardian of how they must proceed.



An Athlete with a Concussion 'on-hold' MUST upload medical clearance to the MyEA portal.



Concussion 'on-hold' removed by Equestrian Australia. Athlete returns to equestrian activity.

INCIDENT REPORTING



We all have a **collective responsibility** to act in the best interests of member safety and welfare. Everyone from **athletes, parents and guardians, officials, coaches and volunteers** play a role in protecting the integrity of our sport.

If you see something, say something!

ON THE DAY

IN THE DAYS AFTER



Falls and Incidents

Equestrian Australia

Equestrian Australia's (EA) incident report **Form 08** is mandatory to report all falls or incidents, even if minor or no injury has occurred and must be completed **within 24hrs**.

For urgent enquiries and serious incident reporting phone: **0481 162 596**

EA INCIDENT REPORT FORM 08



A **Form 08** must be completed by a **Medical Service Provider (MSP)** when in attendance.

In the absence of a **MSP, coaches, officials, or an organising committee member** must report any incidents that occur at an affiliated equestrian activity.

If an incident has occurred to both a human and horse, two forms must be completed.

For all queries relating to health and safety, incident reporting or risk management, email the EA National Safety Team at safety@equestrian.org.au

EA POLICIES & BYLAWS



Prohibited Conduct

Equestrian Australia

Complaints relating to prohibited conduct under the National Integrity Framework or breach of Equestrian Australia Policies must be submitted to Equestrian Australia by using the **EA Online Form**.

EA ONLINE FORM



BULLYING

For complaints about bullying please refer to the **'Bullying in Sport' Booklet** for options on alternative pathways.

BULLYING IN SPORT BOOKLET



EA COMPLAINTS MANAGEMENT PROCESS STEP-BY-STEP GUIDE



For all queries relating to the complaint management process, email the EA Integrity Team at integrity@equestrian.org.au



Doping, Child Safeguarding and Discrimination

Sport Integrity Australia

Sport Integrity Australia (SIA) is committed to ensuring Australian sport is fair and safe for all involved.

Complaints relating to doping (athlete), child safeguarding and discrimination should be lodged with Sport Integrity Australia using the **SIA Online Form**.

SIA ONLINE FORM



Assistance is available by calling

1300 027 232
Mon-Fri 9:00am - 4:30pm (excluding national and ACT public holidays).
Select **option 3** for an integrity matter or **option 5** for a doping matter.

NATIONAL INTEGRITY FRAMEWORK



ATHLETE ANTI-DOPING



Life Threatening Situations

Emergency

Contact your local law enforcement agency or dial **'000'** if there is an immediate threat to an individual's safety.

BIOSECURITY

To report any unusual signs or a suspected outbreak of animal disease call the Emergency Animal Disease Watch Hotline on **1800 675 888**.

You will be directed to your state or territory government.

WHAT TO DO DURING AN OUTBREAK



MENTAL HEALTH / SUPPORT

If you need mental health or wellbeing support, you can contact a support service provider:

Lifeline 13 11 14
lifeline.org.au

Beyond Blue 1300 22 4636
beyondblue.org.au

Black Dog Institute (02) 9382 4530
blackdoginstitute.org.au

Headspace
headspace.org.au

Wellmob Online Counselling
wellmob.org.au

Yarning Safe N Strong
yahs.org.au/yarning-safenstrong

You may also be eligible to receive support from the Australian Institute of Sport (AIS) **Mental Health Referral Network**.