

# Concussion-

- Any rider that exhibits any signs, symptoms, or behaviors consistent with having sustained a concussion or a head injury while participating in practice or competition will be removed from the competition or the practice.

- o Signs and symptoms of a concussion-

| <b><u>Noticed by instructor</u></b>               | <b><u>Reported by rider</u></b>            |
|---|--|
| -Dazed or stunned                                 | - Headache or “pressure” in head           |
| -Confusion  | - Dizziness or balance problems            |
| -Clumsy movement                                  | - Double or blurred vision                 |
| -Delayed response to questions                    | - Sensitivity to light or noise            |
| -Loss of consciousness (even briefly)             | - Feeling sluggish, hazy, foggy, or groggy |
| -Behavior or personality changes                  | - Concentration or memory loss             |
| - Inability to recall events before or after fall | -Confusion                                 |

- The rider removed from the competition or practice must be assessed by a physician or healthcare provider before returning to any practice or competition.
- If a **week or more** is missed than **at least** the first lesson back will not be a jumping lesson. After the first lesson of non-jumping it will be at the instructors discretion which the rider is ready to return to jumping.
- It is the **riders responsibility** to secure a written statement from a healthcare provider specifically clearing them for equestrian activities.
- The written statement **must** be provided to their instructor **before returning** to lessons.

*It is the responsibility of Heberle Stables, rider, and parent to be aware of the signs and symptoms of a concussion and to report the fall to the parents/guardian.*