

Concussion Protocol

EDRA is committed to the health and well-being of its athletes – rider safety is far more important than any competitive outcome.

Due to their serious nature, an athlete suspected of having sustained a concussion may be removed from participation in an EDRA event by the Ride Steward and/or Ride Manager overseeing the event, or any medically trained individual present at the ride/event.

Additional concussion education materials and resources can be found on the EDRA website.

Concussion Evaluation Steps

EDRA has endorsed the following rider concussion evaluation protocol (available through www.HorseNation.com) and established from information from the Mayo Clinic (<https://www.mayoclinic.org/diseases-conditions/concussion/symptoms-causes/syc-20355594>). The steps below will be used by the Ride Steward, Ride Manager, and available medically trained individuals to evaluate a rider for a possible concussion. If an incident occurs out on the trail, other participants should consider administering these steps and report their findings to the Ride Steward and Manager as soon as practical. The steps will be re-administered when either ride official can get to the rider.

1. Keep the rider still and halt activity in the area of the rider. If this is not possible move the rider the shortest possible distance away from horses.
2. Ask the following questions to determine if the rider is oriented to place and time. Keep track of the number of correct answers.
 - Where are we now?
 - Is it before or after lunch?
 - What day of the week is it?
 - What is your horse's name?
3. Test the rider's ability to absorb and recall new facts by giving them 5 SIMPLE words (e.g., trail, horse, saddle, mane, bridle). Ask the individual to repeat the list back to you and advise them you will be asking them to repeat the list again.
4. Ask the rider if they are experiencing numbness or tingling in their limbs or face, nausea, dizziness, ringing in ears, irritability, pain and/or fatigue. (NOTE: Riders can deny head pain and still have a concussion.) If you know the individual, observe the rider for personality or emotional changes that are unusual.
5. Look for signs of amnesia. Determine if the rider has forgotten very recent events before, during or after the incident. The more details the rider can provide the more reassuring it is that they have not experienced a concussion.
6. Ask the rider to repeat the 5 words from Step 3.
7. Make a judgement call, selecting a following one of the three options below:
 - A. If the rider responds appropriately to Steps 2-6 and did not suffer an obvious head strike or serious jarring, the rider will be required to take a time out of at least 15 minutes. The rider will then be reassessed. If the rider still responds appropriately, s/he may be allowed to return to the event.
 - B. If the rider responds appropriately to Steps 2-6 and had an obvious head strike or severe jarring (e.g., helmet is visibly damaged and/or cracked, the rider will receive a Rider Option pull and will be withdrawn from the competition. The rider should be observed for several hours to make sure his/her condition does not change and arrangements should be made for someone other than the rider to operate a vehicle.
 - C. If the rider fails any of Steps 2-6 the rider will receive a Rider Option pull and will be withdrawn from the competition. The rider will be transported for immediate medical evaluation to the closest urgent care or emergency care facility. Arrangements should be made for someone other than the

Appendix G

rider to care for their equine, operate a vehicle or other activities that might exacerbate the condition, or put others in harm's way.

Endurance riders will put on quite a show to prove they're tough and can "endure" the challenges of our sport. As a consequence, making a decision based strictly on their passing or failing the concussion protocol is critical. A concussed rider is NOT capable of determining their medical needs and should be assisted accordingly.

If a rider is issued a Rider Option pull from ride authorities as a result of a failed concussion evaluation, the Ride Steward will include the information in his/her ride report and will contact the EDRA Treasurer so a ride entry refund can be issued.