

HORSE RIDING CLUBS ASSOCIATION OF VICTORIA INC.**CONCUSSION INJURY ADVICE**

To be given to the **person monitoring** the concussed member and left with the member concerned.

To the person monitoring the member: this member has suffered a suspected concussion and should be checked by a doctor. Ensure that the member is closely monitored for the first **4 hours** and preferably not left alone for **12-24 hours**. Recovery time is variable and the patient will need monitoring for a further period by a responsible adult. The treating doctor will provide guidance as to this time frame.

Should there be any change in behaviour, vomiting, dizziness, worsening headache, double vision or excessive drowsiness, please contact a doctor or the nearest hospital emergency department immediately.

Member advice:

Rest (physically and mentally) until symptom free.

Recover by following your doctor's advice and gradually becoming active.

The decision regarding the timing of your return to riding should be made by your doctor.

Do not drink alcohol or take prescription or non-prescription drugs without medical supervision

Any member in receipt of a concussion advice form is prohibited from participating in any ridden activity for a period of 21 days. This ban may be lifted after 6 days upon presentation to the HRCVA of a medical certificate stating that the rider is fit to resume riding activities.

INCIDENT DETAILS

Venue/Event:		
Member's name:		
Member's emergency contact	Name	Phone
Time and date of injury		
Time and date of assessment		
Assessing official/s – Medical Service name and phone		
Comments		