



Concussion

A quick guide

What is Concussion?

Concussion is an injury to the brain resulting in a disturbance to brain function.

! If in doubt, sit them out!

What causes Concussion?

Concussion can be caused by a direct blow to the head or the body which transmits force to the brain/head e.g. a 'whiplash' injury.

? You do not need to have suffered a head injury to have a concussion.

Suspected Concussion?

Visible signs of suspected concussion include:

- Loss of consciousness (in less than 10% of concussions)
- Lying motionless
- Unsteady/balance issues
- Grabbing or clutching of head
- Dazed or vacant look
- Confused

? If you suspect a concussion, remove the rider from the activity immediately.

Symptoms

If any of the following develop in the rider with suspected concussion, they will require URGENT medical attention (call 999).

- Severe neck pain
- Deteriorating level of consciousness (drowsier)
- Increasing confusion or irritability
- Severe or increasing headache
- Vomiting more than once
- Change in behaviour
- Seizure/fit
- Double vision
- Weakness or tingling/burning in their arms and/or legs

Actions

Rider advice:

- Rest the body, rest the mind for 24-48 hours after the injury

Avoid:

- Physical activities, e.g. running, cycling or gym work
- Prolonged cognitive tasks (thinking activities) such as school work, home work, reading, texting/telephone, television and computer games

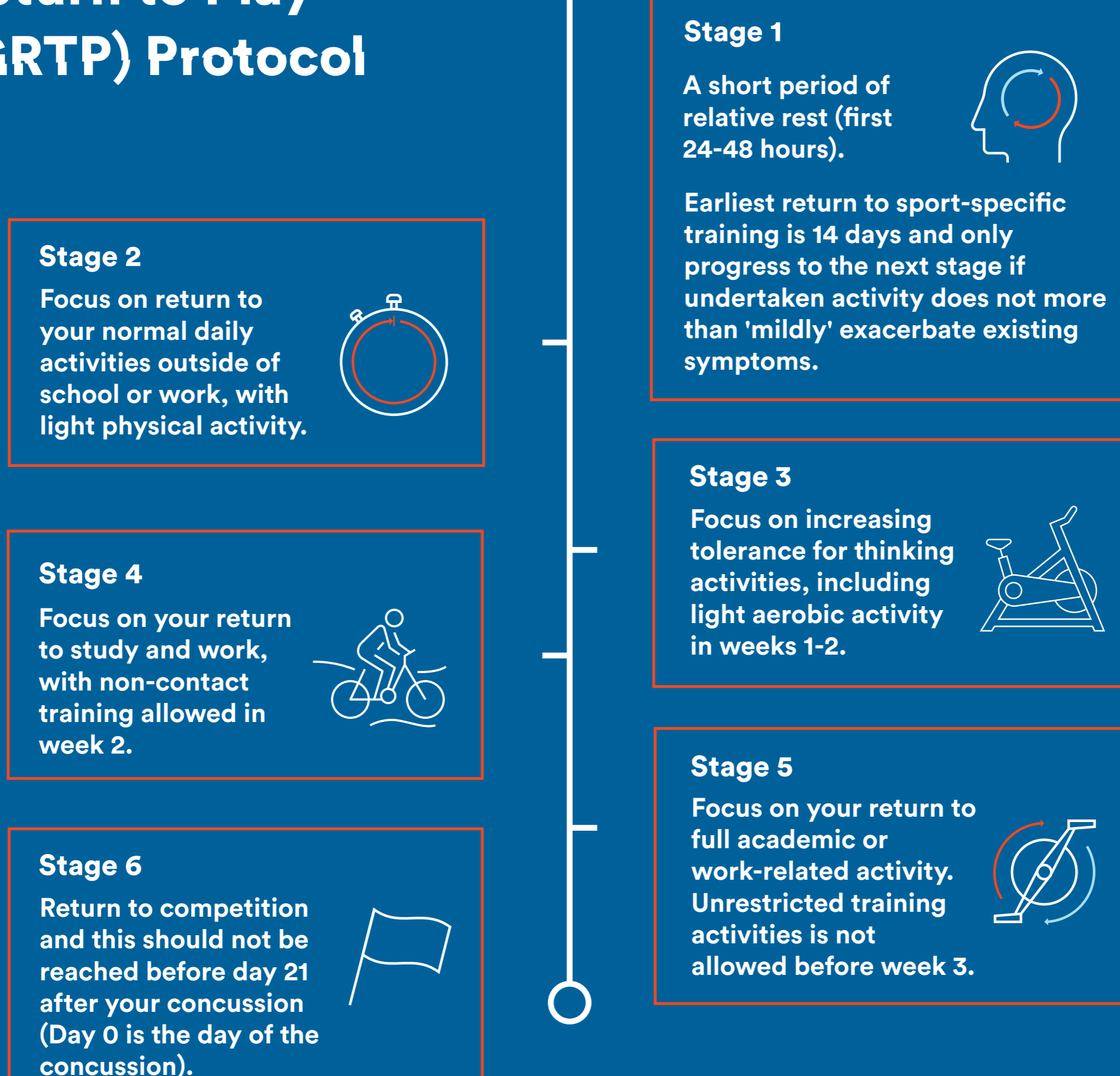
Riders should not:

- Be left alone in the first 24 hours
- Consume alcohol until their concussion symptoms have settled (at least 24 hours)
- Drive a motor vehicle until free of symptoms

Return to Cycling

Riders should follow a progressive programme back to cycling, known as a Graduated Return to Play (GRTP) protocol.

Graduated Return to Play (GRTP) Protocol



Further information can be found in the British Cycling Concussion Guidelines.

