

S BRITISH O CYCLING 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
- than once Change in **behaviour**
- Seizure/fit

Vomiting more

- 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

IF IN DOUBT, SIT THEM OUT

cycling, known as a Graduated Return to Play (GRTP) protocol.

Riders should follow a progressive programme back to

Graduated **Return to Play** (GRTP) Protocol

Stage 2 Focus on return to

your normal daily activities outside of school or work, with light physical activity.



Stage 4

to study and work, with non-contact training allowed in week 2.

Focus on your return



Stage 6

Return to competition and this should not be reached before day 21 after your concussion (Day 0 is the day of the concussion).



Stage 1 A short period of

relative rest (first 24-48 hours).



training is 14 days and only progress to the next stage if undertaken activity does not more than 'mildly' exacerbate existing symptoms.

Stage 3

Focus on increasing tolerance for thinking activities, including light aerobic activity in weeks 1-2.



Focus on your return to

Stage 5

full academic or work-related activity. **Unrestricted training** activities is not allowed before week 3.





Further information can be found in the British Cycling

Concussion Guidelines.