

KEY PRINCIPLES FOR RETURN TO EQUESTRIAN SPORTS FOLLOWING CONCUSSION

1. REST. Rider/Athletes **MUST NOT RIDE A HORSE** the same day that their head injury occurred.
2. Rider/Athletes should **NOT** return to riding if they still have ANY symptoms.
3. Riders/Athletes, you **MUST INFORM** your coach and/or trainer of your concussion injury, symptoms, and provide the contact information for the treating health care provider.
4. If symptoms persist, consult your doctor and/or attend the emergency room.
5. Cognitive judgement, balance and coordination are impaired in concussion injury. The concussed rider/athlete must not ride a horse in the first stages of recovery.