LEVELS/STAGES OF RETURN TO RIDING AFTER CONCUSSION

1. **REST** - No activity, complete cognitive and physical rest, Do NOT ride a horse. Once asymptomatic proceed to level 2.

2. Progress to light aerobic training (walking, jogging), no resistance training.

3. Progress to sports specific exercise, i.e. riding - going out for a hack / flatwork

4. Non-contact training drills, i.e. work riding.

5. Full training after medical clearance including neuropsychological testing.


If at any of these stages, the athlete becomes symptomatic, he should revert to the first level of activity for 24 hours before attempting again to move on to the next level.

**Note:** Cognitive judgement, balance and coordination are impaired in concussion injury. The concussed athlete must not ride a horse in the first stages of recovery.

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KEY PRINCIPLES FOR RETURN TO EQUESTRIAN SPORTS FOLLOWING CONCUSSION

1. **REST.** Athletes **MUST NOT RIDE A HORSE** the same day that their head injury occurred.

2. Athletes should **NOT** return to riding if they still have ANY symptoms.

3. 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.