

Concussion

Once concussion is confirmed the rider must not compete further in the event (including subsequent days) and their completion license suspended for at least the period of time specified below.

The rider and an accompanying person must be advised that they should not drive, ride or operate dangerous machinery until they are medically assessed again and it is confirmed that the concussion has

resolved. It is also advisable for them to consider the potential effect on their job role and to seek

further advice from their employer, occupational health department or doctor'

The rider must be accompanied, observed and not left alone during the following 24-48 hours. At any time if any symptoms worsen then further urgent medical advice must be sought.

Prior to returning to racing they will be informed that they must attend their doctor who should confirm the absence of symptoms and provide evidence of this in writing in order that their racing license is returned. Ideally the rider should also present this confirmation from their doctor to and be assessed by

the CMO for the event prior to being allowed to race.

How long will a rider be excluded from competition following Concussion?

The duration of symptoms is variable, with most cases recovering within a period of 2 to 3 weeks. persistent symptoms (more than 10 days) are generally reported in 10-15% of concussions but most studies report that 80-90% have symptom resolution by 7 days following their injury. It is also

recognised that the effects of concussion are more significant in younger age groups and more caution is required before return to competition is permitted'

A rider with concussion must therefore be removed from competition for the rest of the event and not permitted to return to competition for a minimum period as stated below;

Age Minimum Period of Exclusion from Racing

20 years and over Excluded immediately for 48 hours, with a further minimum 7 days

suspension from competition (i.e. minimum 9 days)

16-19 years L2 days 1-5 Years and under 23 days

Green Flag

The green flag indicates that the circuit is clear, this may be displayed after a yellow flag or at the exit of pit lane.