



Returning to race riding following illness, injury or suspected Injury

Any jockey who is unable to race ride as a result of an injury or illness must notify the BHA Medical Department as soon as possible. This is a mandatory requirement and applies to any injury, whether it happened on a racecourse or not. Professional jockeys should also contact the PJA Medical Adviser at the same time,

On a Raceday

Jockeys who suffer an injury at a racecourse on a raceday will be seen by the RMO on duty. The incident will be recorded on the medical injury system (RIMANI) and no further notification is normally required. **However, there are two instances when this is not the case:**

1. An incorrect diagnosis. It is often very difficult for the RMO to make an exact diagnosis on the racecourse and the final diagnosis will therefore not be established until the jockey arrives at the hospital and has an X-ray taken. The original injury will remain on the system until further information is provided to the BHA.

If, following an X-ray, there is no fracture, the jockey must ask the hospital A+E Department to give them a discharge summary before they leave. This should be faxed or emailed to the BHA Medical Department on 020 7152 0136/medical@britishhorseracing.com

2. The condition deteriorates. What may seem to be a trivial injury on the racecourse may actually get worse and the jockey will then see their own GP for further investigation and treatment. The injury will still be recorded as a 'soft tissue injury' by the BHA Medical Department and if it turns out to be significant (e.g. a fracture), the jockey should contact the BHA Medical Department immediately. This will enable a RED ENTRY to be made and for professional jockeys, will ensure that PRIS payments start immediately.

Returning to race riding

After an initial period of rest, the jockey will be allowed to return to restricted activities (often involving physiotherapy) before being allowed to start riding out again. The time spent in each phase will vary enormously but, in principle, a jockey would be expected to be riding out regularly for around 2 weeks without any recurrence of symptoms before being considered for clearance to race ride again.

After any serious illness or injury, clearance to return to race riding involves a simple 3 stage process:

Stage 1 (GP or Specialist clearance) - the jockey must get clearance from their own GP or specialist that they are fully recovered and that they can now consider a return to race riding. NB. If the specialist gives a general statement that 'the jockey will be fit in 3 months time', a further assessment will be necessary at the end of 3 months before they are allowed to return to race riding. This should be discussed directly with the BHA CMA so that the process is not delayed unnecessarily.

Stage 2 (BHA CMA clearance) - reports from all the medical team involved in the case (specialists, GP, physiotherapist), with copies of any X-ray or MRI reports, must be sent to the BHA Medical Department. This information will only be released to the BHA with the signed consent of the individual jockey and (under the provisions of the Access to Health Records Act 1990) the doctor has 21 days to respond to any request of this sort. In every case, the injured jockey will be asked to sign a standard Consent Form by the BHA Medical Department and this form should be returned quickly if delays are to be avoided. On receipt of the relevant



information, the BHA CMA will review the case and make a decision regarding a return to race riding

- a) The jockey is fit – clearance is given to see a RMO on a raceday (see **Stage 3** below)
- b) The jockey is not considered to be fit yet – further information is requested or a second opinion arranged

Stage 3 (RMO Clearance) – No jockey should book a ride until Stages 1 and 2 have been completed satisfactorily and they have received confirmation from the BHA Medical Department that they have reached the stage of 'RMO Clearance'. The only situation when this does not apply is when a jockey suffers a simple fractured clavicle (collar bone). In this instance the jockey can miss out Stage 2 and pass straight from Stage 1 to Stage 3. The jockey will present him/herself to a RMO on a racecourse on a raceday so that a medical examination can be carried out. This would normally take place some 90 minutes before the start of racing to give the RMO time to complete the process well before the 1st Race.

The RMO will then decide if -

- a) The jockey is fit (the jockey is cleared to ride immediately and the RED ENTRY is removed)
- b) The jockey is not fit (the RED ENTRY remains in place and the BHA CMA is notified).

All queries at any stage should be addressed to –

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