

## COMMON SYMPTOMS



HEADACHE



BALANCE  
PROBLEMS



DIZZINESS



CONFUSED



FATIGUE



NAUSEA



FEELING  
IN A FOG



MORE  
EMOTIONAL



LIGHT  
SENSITIVITY



BLURRED  
VISION



FEELING  
SLOWED DOWN



SOUND  
SENSITIVITY

## MEDICAL SUPPORT

**BHA Medical Department**

020 7152 0138 or 07788 567440

**IJF**

Oaksey House

01488 674242

Jack Berry House

01653 602090

Peter O'Sullivan House

01638 676200

Dial 111 or call your GP

## NON-MEDICAL SUPPORT

**PJA**

[www.thepja.co.uk](http://www.thepja.co.uk)

01635 778108

**AJA**

[www.amateurjockeys.org.uk](http://www.amateurjockeys.org.uk)

01684 218354 or 07789 935399

**P2P**

[www.pointtopoint.co.uk](http://www.pointtopoint.co.uk)

01793 781990



# HEAD INJURY ADVICE JOCKEY'S GUIDE

#ifndoubtsitthemout



## WHAT IS A CONCUSSION?

Concussion is an injury to the brain and can be very serious.

If concussion is suspected or diagnosed, the person must be removed from any activity with a risk of head impact or injury such as riding.

You should not ride nor be close enough to a horse to be kicked before Stage 5 of the Graduated Return to Racing has been reached.

Be honest with how you are feeling.

Report any symptoms to your physiotherapist or doctor so they can help guide you through your recovery and advise you when it's safe to drive and ride.

### ✓ DO

- Stay with a responsible adult for the first 24 hours
- Stay within easy reach of a phone
- Keep screen use to a minimum for the first 2 days, eg: phone, computer, TV
- Rest as needed
- Replace your helmet
- Follow the Graduated Return to Racing guidelines under the supervision of the BHA and IJF Medical Rehabilitation teams

### ✗ DON'T

- DON'T RIDE A HORSE
- Don't drive for the first day\*
- Don't do any activities with a risk of head impact or injury, including horse facing yard duties or contact sports
- Don't drink alcohol
- Don't take any drugs unless advised to by a doctor

\*Seek medical advice from your IJF/BHA Medical Rehabilitation team before returning to driving or riding

## WHEN TO GET HELP

- If symptoms are not starting to settle
- If you have a worsening headache
- If your behaviour is unusual for you
- If you have any weakness or pins and needles in your legs or arms
- If you have vomited more than once within the first 2 day after your injury
- If there is any concern of deteriorating conscious level

## IT'S NORMAL

- To have mild symptoms
- For symptoms to come and go
- To not feel like your normal self in the early stages of recovery
- To feel sick or nauseous