

DEFINITION OF CONCUSSION AND GUIDELINES:
GB Park and Pipe

DEFINITION

A concussion is an alteration of the normal function of the brain brought on by trauma. This may be by a direct blow to the head or rotational forces resulting in a rapid acceleration/deceleration of the brain within the skull. You do not have to have been knocked out and lost consciousness to have concussion. Symptoms can be: headache, nausea (feeling sick), difficulty concentrating, loss of memory, tiredness, sensitivity to light or noise, irritability, feeling more emotional, poor appetite.

WHY IS IT IMPORTANT TO RECOGNISE?

Concussion is important to recognise so the brain is given enough time to rest and heal. If you return to training or competition too early, symptoms can drag on and put you at risk for another significant injury either to your head again or another part of your body. If you are suffering from concussion your ability to judge speed, body position in space, distance to the ground and your coordination and balance can be off track, which makes you very vulnerable.

SCAT 3 TESTING

The reason why we do the SCAT 3 test on you every 6 months is to provide the medical staff with a valuable baseline, so in the event of you getting concussion we can monitor your recovery more accurately.

INITIAL ASSESSMENT AFTER INJURY

Any riders with any concussive symptoms following a fall or injury need to be identified to the coach, physio or medical staff on site.

If any of the above symptoms are present you should not continue riding and should notify the team coaches and medics so that you can be assessed and managed appropriately. If no team medics are available then consult the Ski Patrol on the mountain or Doctor in resort town, and contact if possible one of our team medical staff so that we can help advise you.

A rider who has sustained a suspected concussion is not to return to any aerobic or sport activity without the consent of the Team Doctor.

INITIAL MANAGEMENT OF THE CONCUSSION

The rider should not be left alone in the first few hours. The initial treatment is rest until all the symptoms have resolved. This includes both physical and mental rest. You should therefore have a quiet environment and avoid exposure to mental stimulation such as computer, phone- games or texting.

Avoid alcohol and medication use after concussion. The Doctor may prescribe some painkillers or anti-inflammatories, but it should be recognised that these might mask some of the signs and symptoms of concussion. Medical staff will decide whether any other investigations are needed such as CT scans or MRI.

The RETURN TO RIDE PROGRESSIONS FOR PARK AND PIPE can begin once the rider has been off any medications and been symptom free for a minimum of 24 hours, and SCAT test is normal.

In cases where symptoms have persisted for many weeks or more, it may be necessary to be symptom free for a longer period of time before beginning the RETURN TO RIDE process.

CONTACT DETAILS OF MEMBERS OF MEDICAL TEAM IF RIDERS ARE UNACCOMPANIED:

Tom Heeley GB Park and Pipe, Programme Manager Function Jigsaw: Tom@functionjigsaw.co.uk

