



# THE FACTS ABOUT CONCUSSIONS



## SIGNS OBSERVED

- Appears dazed or stunned
- Is unsure of whereabouts
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to fall
- Can't recall events after fall



## SYMPTOMS REPORTED

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Concentration or memory problems
- Feeling sluggish or confused
- Does not “feel right”



## ACTION PLAN FOR PARENTS AND TRAINERS

If you suspect that an athlete has a concussion, you should take the following steps:

1. Remove the athlete from the horse; do not allow him/her to remount.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Allow athlete to return to practice/competition only with permission from the appropriate health care professional.

*Athletes competing in USEF competitions should refer to General Rule 1316 for the USEF rules on returning to competition.*

For more information, visit [cdc.gov/headsup](http://cdc.gov/headsup).