



STEEL CITY RIDERS Guide on Concussions

SCR Best Practices for 2012

This document has been created to provide information to SCR members about concussions, and to advise on the best practices that the SCR-appointed Board of Directors, designated referees and all current members are expected to follow in the event of a concussed rider or a rider suspected of being concussed. If, at any time you feel you are experiencing symptoms of a concussion, please get assistance from the medic or another qualified health professional.

SCR Best Practices:

If a rider requires (or requests) medical attention by the on-duty, SCR-appointed medical team, and the medical team is of the professional opinion that the rider has sustained a concussion of any degree, the rider will not be permitted to race for the remainder of the race day unless re-evaluated and cleared by the medical team. This practice will apply to riders who have experienced an accident at any time, on or off track, for which the medics have attended and written a formal incident log.

In the event that a downed rider requires medical attention for a head injury and the medical staff recommends the rider visit a hospital, or if a rider is taken by ambulance to a hospital for a head-related injury, the rider must get clearance from a doctor before being permitted to participate in future race events. This means that a letter or note must be provided to a current Board Member prior to race registration, and must be on a doctor's official letterhead or prescription pad.

Information on Concussions:

****You DON'T have to lose consciousness to have a concussion****

****Never return to racing if you have concussion symptoms****

****Follow a doctor supervised and step-wise return to racing and other activities****

Signs and symptoms may include one or many of the following:

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|-------------------------|----------------------------|----------------------------|--------------------------|
| - Blurred Vision | - Confusion | - Difficulty concentrating | - Difficulty Remembering |
| - Balance problems | - Neck pain | - Headaches | - Sensitivity to light |
| - Fatigue or low energy | - Nausea or vomiting | - "Pressure in the head" | - Sensitivity to noise |
| - Dizziness | - Feeling stunned or dazed | - Feel "in a fog" | - Irritable |
| - Amnesia | - Loss of consciousness | - Seizure or convulsion | - "Don't feel right" |

For more information on concussions, we encourage you to do your own research or visit the following websites: www.thinkfirst.ca, www.sportconcussion.com or www.headinjury.com