Traumatic Brain Injury

For Racing and Training

Ver. 1.1

Following a crash assess for the following

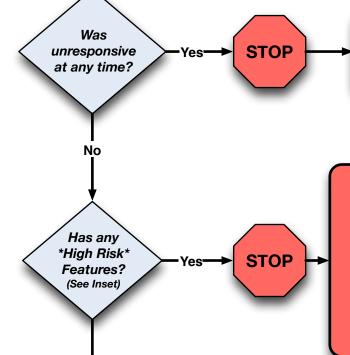
Medicine OCycling

High Risk Features

- Significant Head/Neck Trauma
- Seizure
- Skull Fracture
- Persistent Nausea/Vomiting
- Severe or worsening headache
- Disorientation lasting 30 minutes or more
- Inability to speak or swallow
- New clear fluid leaking from nose or ears
- Inability to walk/ride in a straight line

Orienting Questions

- Can you tell me how you crashed?
- What city is this?
- What lap or stage are you
- · How far are you from the finish?
- your jersey?
- of the year backwards, starting with December?



STOP

Activate External Emergency Response

Withdraw for

Medical

Evaluation

- 2 Spinal **Precautions**
- **Emergency** Medical **Transport**

Withdraw for

Medical

Evaluation

· Was there a break in the race? What's in the pockets of

· Can you name the months

- **Close Rider Followup**
- Rider and Staff to assess for signs and symptoms of concussion (see other side)

No

Can

Answer 5

Orienting

Questions

correctly?

(See Inset)

Yes

In case of emergency, call the local emergency number. The information on this card is not a replacement for medical evaluation. Please refer to the full Concussion in Cycling Consensus Statement 2012 at www.medicineofcycling.com or other current concussion resources for more information

Ver. 1.0

Signs and Symptoms of Concussion

Regardless of the cyclist's ability to continue to race or train, any athlete suspected of concussion should be observed by teammates, managers, and family for signs and symptoms of a concussion. athletes with symptoms of concussion or other concerning changes in their health should seek medical attention and avoid activities which exacerbate these symptoms.

Early and ongoing signs and symptoms may include, but are not limited to:

Physical Features

- Loss of consciousness
- Headache
- Pressure in the head
- Neck pain
- Nausea
- Vomiting
- Blurred Vision
- Dizziness
- Prolonged Fatigue or greater than expected

Cognitive Features

- Confusion
- Feeling slowed down
- · Sensitivity to light
- Sensitivity to noise
- Impaired balance
- · Feeling in a fog
- · Difficulty concentrating
- · Difficulty with memory

Behavioral Features

- More emotional
- Irritability
- Restlessness
- Drowsiness
- Sadness
- Anxiety
- Nervousness
- Sleep Disturbances
- Personality Changes



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