

Traumatic Brain Injury

For Racing and Training

Ver. 1.1



**Following a crash
assess for the following**

- *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 in?
 - How far are you from the finish?
 - Was there a break in the race?
 - What's in the pockets of your jersey?
 - Can you name the months of the year backwards, starting with December?

Was unresponsive at any time?

Yes



Withdraw for Medical Evaluation

No

Has any *High Risk* Features? (See Inset)

Yes



- 1 Activate External Emergency Response
- 2 Spinal Precautions
- 3 Emergency Medical Transport

No

Can Answer 5 Orienting Questions correctly? (See Inset)

No



Withdraw for Medical Evaluation

Yes

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

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

Signs and Symptoms of Concussion

Ver. 1.0

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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