Traumatic Brain Injury in Cycling Medicine **Evaluation Card** for racing and training



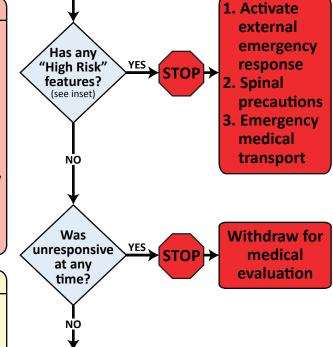
Following a crash, assess for the following:

"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 breakaway in
- the race? → What's in your jersey
- pockets?
- → Can you name the months of the year backwards, starting with December?



- 1. Close rider follow-up
- 2. Rider and staff to assess for signs and symptoms of concussion (see other side)

YES

Ver. 1.2

Withdraw for

medical

evaluation

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 at www.medicineofcycling.com or other current concussion resources for more information.

answer 5+

correct orienting

auestions

see inset

Signs and Symptoms of Concussion in Cyclists



Regardless of the cyclist's ability to continue to race or train, any athlete suspected of concussion should be observed by teammates, managers, friends and/or 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 or greater
- than expected fatigue

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

Ver. 1.2

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