

# Concussion Awareness in Equestrian Athletes

## CONCUSSION KNOWLEDGE

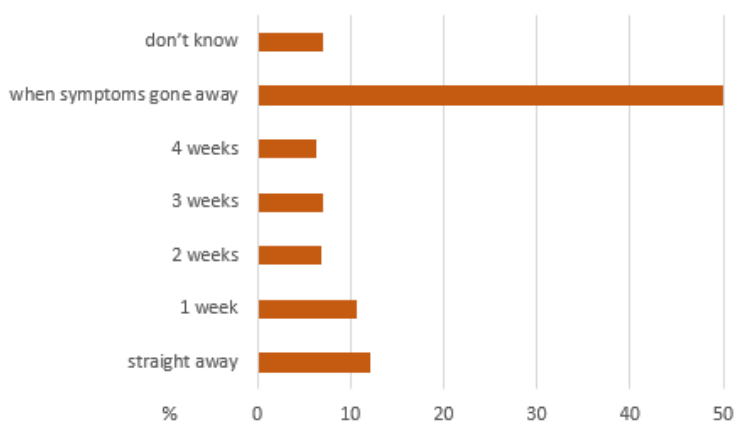
Knowledge of concussion was very high with **80%** of participants correctly stating that a concussion was an injury to the brain.

More than **90%** of people knew that signs or symptoms of concussion included;

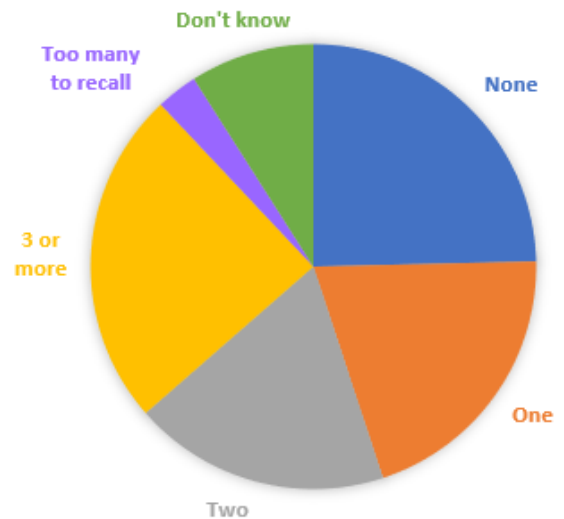
- confusion
- headache
- amnesia (poor memory)
- loss of consciousness (being knocked out)
- blurred vision
- dizziness
- nausea (feeling sick)

Only **47%** knew that insomnia (difficulty sleeping) was also a sign of concussion

## TIME BEFORE RETURNING TO RIDING AFTER CONCUSSION



## NUMBER OF CONCUSSIONS EXPERIENCED



## RIDING HELMETS

**89-94%** correctly identified that helmets help to absorb impact and reduce the risk of skull fracture.

**87%** did not realise that a helmet does not protect against concussion.

**1 in 10** did not wear a helmet when riding a horse

**46%** had continued to use the same helmet after a hit to the head

## KNOWING HOW TO FALL

**36%** had been taught how to fall to prevent risk of injury

## Key Findings

1486 equestrian athletes completed the questionnaire - thank you to everyone who took part!

Previous experience of concussion was the source of knowledge for most people.

Awareness of the need to see a Dr after a concussion was high.

Participants had concerns about Drs' ability to manage concussion effectively.

Participants wanted more information on helmet safety standards and how to choose a helmet.

Proactive education of equestrian athletes about concussion is needed