

# PROCEDURE – CONCUSSION PROTOCOL

## 1. Purpose

The purpose of this Procedure is to outline the process to be followed in the event that a *Jockey* incurs head trauma in the course of performing their role, either prior to, during or following a race or trial, and where the incident may result in the *Jockey* being diagnosed with concussion.

Racing Queensland (RQ) and the Queensland Racing Integrity Commission (QRIC or the Commission) note that in the absence of a uniform national approach having been adopted by Racing Australia, individual state racing jurisdictions have adopted concussion protocols including a mandatory stand down for *Jockeys* diagnosed with concussion.

RQ has sought expert medical advice on the content and suitability of the Head Injury Assessment Form (Appendix 1) for the purposes of assessment for clinical signs of concussion following a *Jockey* incurring head trauma.

This Procedure is a joint RQ and QRIC Procedure. RQ has prepared the Procedure in consultation with the Commission, and any future versions or updates and amendments to the Procedure will be managed in the same way. The Procedure will be enforced by the Commission and its Stewards.

## 2. Scope

For the purposes of this Procedure, a *Jockey* is defined as a Queensland jockey or apprentice jockey licensed by the Commission, and also includes a visiting jockey or visiting apprentice jockey licensed outside of Queensland who are licensed by the Commission to ride in a race or races in Queensland.

Nothing in this Procedure affects the *Rules of Racing of Racing Queensland – Thoroughbred* (constituted by the *Australian Rules of Racing* and the *Local Rules of Racing – Thoroughbred*) as effective at any time.

## 3. Process

- (a) If a *Jockey* incurs head trauma preceding/during/following a race or trial, the *Jockey* must be assessed by an official oncourse Doctor, or other approved medical person appointed to provide medical services, such as an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification, using the Head Injury Assessment Form (Appendix 1).
- (b) If the assessment required in clause 3.(a) above is performed by an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification, and the *Jockey* is showing clinical signs of concussion as per the Head Injury Assessment Form (Appendix 1):
  - (i) the *Jockey* will be stood down from their work commitments/remaining riding engagements by the QRIC Stewards; and
  - (ii) the *Jockey* must present to a Medical Practitioner to undertake a formal assessment for concussion with a copy of the completed Head Injury Assessment Form (Appendix 1); and
  - (iii) if the Medical Practitioner subsequently determines that the *Jockey* does not have concussion, the *Jockey* cannot recommence their work duties until a certificate of



# PROCEDURE – CONCUSSION PROTOCOL

medical clearance from the Medical Practitioner is provided to the QRIC Stewards, and the certificate of medical clearance must state that the Medical Practitioner sighted the completed Head Injury Assessment Form (Appendix 1) at the time the Medical Practitioner performed the formal assessment.

- (c) Further to clauses 3.(a) and 3.(b), if a *Jockey* incurs head trauma and an official oncourse Doctor, or other approved medical person appointed to provide medical services, such as an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification, determines, without using the Head Injury Assessment Form (Appendix 1), that the *Jockey* is to be transported to hospital for assessment and treatment, it shall be taken that the *Jockey* has showed clinical signs of concussion that require formal assessment for concussion. In these circumstances, the *Jockey* shall be subject to the relevant provisions of this Procedure.
- (d) A *Jockey* who is diagnosed to be suffering concussion by an official oncourse Doctor, or a Medical Practitioner at a subsequent assessment:
  - (i) shall be automatically stood down from all riding for a period of at least 12 days;
  - (ii) at the direction of the QRIC Stewards, must be cleared with a certificate of medical clearance issued by a Medical Practitioner to resume riding after the expiration of at least the 12<sup>th</sup> day following the incident;
  - (iii) submit an application to resume riding to the QRIC Stewards after the expiration of at least the 12<sup>th</sup> day following the incident; and
  - (iv) have completed and passed a Cognigram Test undertaken by the QRIC Stewards.
- (e) Any *Jockey* who does not receive the appropriate medical clearance from a Medical Practitioner at the conclusion of the 12<sup>th</sup> day cannot resume riding and must continue with the treatment plan prescribed by the treating Medical Practitioner until cleared to resume riding.
- (f) Any *Jockey* who comes to Queensland from another jurisdiction having been diagnosed with concussion in circumstances provided for in this Procedure:
  - (i) will not be permitted to ride in Queensland by the QRIC Stewards until the expiration of the 12<sup>th</sup> day after incurring the concussion; and
  - (ii) will be required to provide the relevant certificate of medical clearance issued by a Medical Practitioner and confirmation from the control body of the jurisdiction where the *Jockey* is licensed that the *Jockey* is cleared to resume riding.

For the avoidance of doubt, a *Jockey* who comes to Queensland from a jurisdiction that does not have a 12-day stand down period for diagnosed concussion, will not be permitted to ride in Queensland by the QRIC Stewards until the expiration of the 12<sup>th</sup> day after incurring the concussion.

- (g) Whilst primarily for incidents that occur preceding/during/following a race or trial, the provisions of this Procedure shall also apply where the QRIC Stewards are aware of a *Jockey* who has incurred head trauma in a jump-out, track gallop or other trackwork accident. Should RQ be notified of a *Jockey* having incurred head trauma in a jump-out, track gallop or other trackwork accident, RQ will provide email notification to the QRIC Stewards (Chief Steward, Deputy Chief Steward Raceday Operations and Deputy Chief Steward Integrity Operations).



# PROCEDURE - CONCUSSION PROTOCOL

## 4. Roles & Responsibilities

*Clubs* are required to engage the services of appropriately qualified paramedics, first aid personnel or other such approved medical persons appointed to provide medical services, such as an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification, for all race meetings and trials.

*Clubs* must ensure, in instances where there is not a QRIC Steward present at trackwork or jump outs, that any *Jockey* who incurs head trauma in a jump out, track gallop or a trackwork accident, where medical assistance is sought and provided, the medical person providing medical services, such as an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification, must undertake an assessment using the Head Injury Assessment Form (Appendix 1). In these circumstances, the Club must report such incident occurrence to the QRIC Stewards immediately.

*Jockeys* are required to comply with the *Rules of Racing of Racing Queensland - Thoroughbred* and any direction given by the QRIC Stewards at all times.

*Jockeys* are required to report to the QRIC Stewards any riding related (e.g., trackwork and jump-outs) concussions or suspected concussions, and any non-riding related concussion or head trauma injuries.

*QRIC Stewards* are responsible for ensuring that any *Jockey* who suffers a fall preceding/during/following a race, trial, jump out, or a trackwork accident (where they are in attendance at jump outs and trackwork), where a head injury may have occurred, must be assessed by an official oncourse Doctor, or other approved medical person appointed to provide medical services, such as an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification, using the Head Injury Assessment Form (Appendix 1).

## 5. References & Related Documents

Document	Document
<a href="#">Rules of Racing of Racing Queensland - Thoroughbred</a>	Racing Queensland Guideline - Jockey/Driver Incident Response

## 6. Version History

Current Version:	2023.01	Date Made:	20/06/2023	Effective Date:	01/07/2023
Document Owner:	RQ EGM Operations			CEO Approved:	28/06/2023
Enquiries to:	RQ Industry Policy Manager QRIC Chief Steward - Thoroughbred			Due for Review:	28/06/2025

Version	Effective	Document Owner	Changes Made
2023.01	01/07/2023	EGM Operations	New Procedure



## APPENDIX 1 RACING QUEENSLAND HEAD INJURY ASSESSMENT FORM

The Head Injury Assessment Form is to be completed by an official oncourse Doctor, or other approved medical person appointed to provide medical services, such as an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification, if a jockey incurs head trauma while performing their role, either prior to, during or following a race or trial.

The Head Injury Assessment Form is to be used primarily for the preliminary assessment for clinical signs of concussion to determine if the jockey requires formal assessment and diagnosis for concussion by a Medical Practitioner.

**This form does not replace the SCAT5 which must be performed in any case of suspected or diagnosed concussion [SCAT5 to be performed by a Medical Practitioner only].**

### A. GENERAL INFORMATION

Jockey's Name:	
Racecourse:	
Date:	
Approximate Time of Incident:	
Race Number:	
Date/Details of Previous Concussion:	
Details of Medication in last 24 hours (name, dosage, timing):	
Examiner's Name:	
Time of Examination:	

### B. SYMPTOMS AND SIGNS

When conducting this assessment, the examiner must be aware that the jockey's response to routine questioning may not be entirely reliable. This may be due to the effects of the head trauma or because the jockey's desire to return to continue riding outweighs their natural inclination to give true and accurate answers.

Does the jockey complain of any of the following symptoms, or exhibit any signs, that might indicate a diagnosis of concussion?

Symptoms/Signs	Observed Directly	Reported	Video Review	No
1. Lying motionless (more than 2 seconds)				
2. Possible loss of consciousness				
3. Possible no protective action in fall to ground				
4. Possible impact seizure or tonic posturing				
5. Possible motor incoordination				
6. Possible dazed or blank/vacant stare				
7. Possible behaviour change atypical of the jockey, e.g., signs of agitation, anxiety etc.				
8. Unsteady on their feet				
9. Headache				

APPENDIX 1 RACING QUEENSLAND HEAD INJURY ASSESSMENT FORM

Symptoms/Signs	Observed Directly	Reported	Video Review	No
10. Nausea				
11. Vomiting				
12. Dizziness				
13. Blurred or double vision				
14. Foggy headed or stunned				
15. Any clinical impression or uncertainty from the examiner that the jockey is not quite right.				

C. MADDOCKS QUESTIONS

To be administered at least 10 minutes after the estimated time of the injury (in the presence of a Queensland Racing Integrity Commission Steward to verify answers).	Incorrect	Correct
1. Where do you live / what is your address? Answer: _____		
2. What venue you are you at today? Answer: _____		
3. Name of the horse you rode? Answer: _____		
4. Name of the trainer of the horse you rode? Answer: _____		
5. What was the distance of the race? Answer: _____		
6. Name two other jockeys riding in the race? Jockey 1 name: _____ Jockey 2 name: _____		
7. Where and when did you ride in a race prior to today's race meeting? Answer: _____		

D. NEW MEMORY TEST

Please select and administer 1, 2 or 3. Ask the jockey to repeat the statement (1, 2 or 3) and advise them they will be asked questions about the statement later (after the "Exercise Challenge Test") - Who? Going Where? When? Why/what race?	Fail	Pass
1. Ryan Moore will be going to Birdsville in October to ride in the XXXX Birdsville Cup.		
2. Zac Purton will travel to Townsville in August to ride in the Cleveland Bay Handicap.		
3. Hugh Bowman will go to Ellerslie in February to ride in the New Zealand Derby.		

APPENDIX 1 RACING QUEENSLAND HEAD INJURY ASSESSMENT FORM

E. EXERCISE CHALLENGE TEST

<p>Ask the jockey to sit in a chair, arms folded and then stand and sit five times as rapidly as they feel comfortable. Repeat the drill for three attempts with a short rest in between each attempt. The drill should take 10 seconds for each attempt.</p> <p>The jockey may falter, slow over the challenge and increase the severity of the concussion symptoms. If the symptoms appear to increase, the challenge should be discontinued.</p>	<b>Fail</b>	<b>Pass</b>
<p>Attempt 1: Time taken: _____</p> <p>Attempt 2: Time taken: _____</p> <p>Attempt 3: Time taken: _____</p>		

F. SYMPTOMS AND SIGNS RE-ASSESSMENT

<p>After completing the “Exercise Challenge Test” and asking the questions from the “New Memory Test”, re-assess the jockey to ascertain whether any of the “Symptoms and Signs” (section B) are now evident or more evident than the initial assessment. If showing any symptoms or signs, provide comments/details below.</p>	<b>Fail</b>	<b>Pass</b>

G. OUTCOME AND ACTION

Unless the jockey completes all parts of the assessment as negative to symptoms and signs of concussion, the jockey will be stood down from their remaining riding engagements on the day by the Stewards of the Queensland Racing Integrity Commission.

The jockey must then present to a Medical Practitioner to undertake a formal assessment for concussion with a copy of this completed Head Injury Assessment Form.

If in any doubt, the jockey should always be removed from all riding activity until a formal assessment can be undertaken by a Medical Practitioner.

H. SIGNATURE OF EXAMINER

<p>To be completed by an official oncourse Doctor, or other approved medical person appointed to provide medical services, such as an Advanced Life Support Qualified Paramedic or Registered Nurse with the same qualification.</p>		
Signed:	Date:	Time:
<p>Examiner’s Final Comments:</p>		