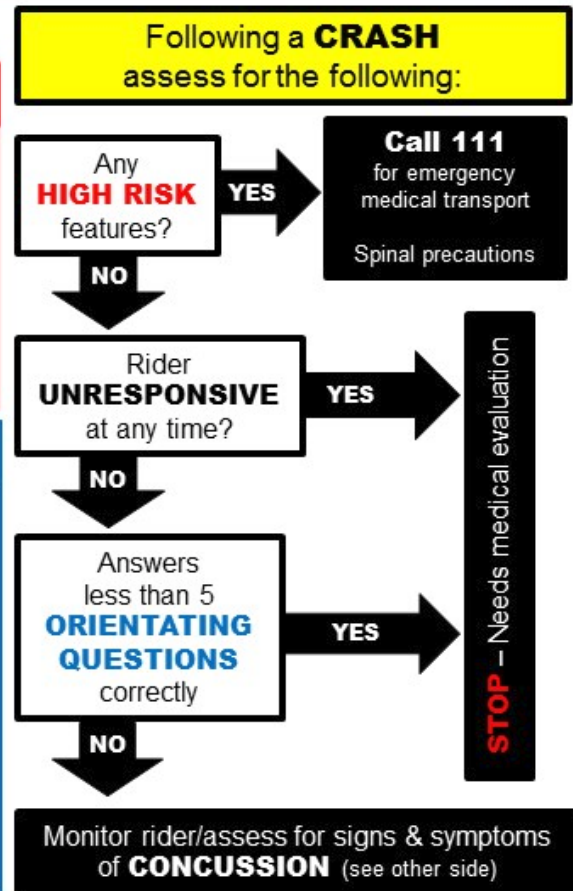


Concussion Awareness Pocketcard for Mountain Bikers



- ### HIGH RISK features
- Significant head/neck trauma
 - Seizure
 - Skull fracture
 - Persistent nausea/vomiting
 - Disorientation lasting >30 mins
 - Inability to speak/swallow
 - Clear fluid leaking from nose/ears
 - Inability to walk/ride in straight line

- ### ORIENTATING Q's
- Can you tell me how you crashed?
 - What city/trail network is this?
 - What is the name of the trail you were riding?
 - How far are you from the trailhead (or finishline in a race)?
 - Who are you riding (or racing) with?
 - What's in your jersey pockets (or pack)?
 - Can you name the months of the year backwards, starting with December?



In case of emergency call 111. The information on this card is not a replacement for medical assessment. Please refer to MTBNZ's Concussion Awareness Policy for more information.

Concussion in MTBers: **SIGNS** and **SYMPTOMS**



Regardless of the rider's ability to continue to ride, race or train, any rider suspected of concussion should be observed for signs and symptoms of concussion. Riders with symptoms of concussion and/or other concerning changes in their health should stop riding and seek prompt medical attention.

- ### SIGNS of concussion (what you see)
- Appears **DAZED** or **STUNNED**
 - Appears **CONFUSED** or **DISORIENTATED**
 - **LOSES** consciousness
 - Shows **BEHAVIOUR** or **PERSONALITY** changes
 - **CAN'T RECALL** events prior to or after crashing
 - **DAMAGE** to face or head or **HELMET**

- ### SYMPTOMS of concussion (what they feel)
- **HEADACHE** or **PRESSURE** in the head
 - Nausea or **VOMITING**
 - **BALANCE** problems or **DIZZINESS**
 - **DOUBLE** or **BLURRY** vision
 - **SENSITIVITY** to light or noise
 - Concentration or **MEMORY** problems
 - Feeling **SLUGGISH, HAZY** or **GROGGY**

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