



Swindon Wheelers Cycling Club. President: Steve Dutton Chairman: Ali Bartlam , Secretary: Adrian Short.  
Est 1923

## **Swindon Wheelers Cycling Club (SWCC): Concussion guideline**

This policy is based on the guidelines made available through British Cycling. The guidance has been produced from evidence and global best practice.

Concussion is an injury to the brain resulting in a disturbance to brain function.

Concussion can be caused by a direct blow to the head or a blow to another part of the body which causes a transmitted force to the brain/head, e.g. a force delivered to the body, which causes a 'whiplash' type injury to the head and neck, causing a concussion.

Signs that a concussion has occurred include: dizziness, confusion, feeling slowed down, visual problems, nausea or vomiting, fatigue, sensitivity to light and/or noise, headaches, concerns expressed by others about how a cyclist is acting.

SWCC recognises that concussions don't always involve a loss of consciousness and that all concussions are serious. Someone does not need to have suffered a head injury to have a concussion.

### **SWCC will adhere to the following in regard to concussion:**

- Any cyclist who sustains a suspected concussion from activity will be removed and they will not be able to return until treatment has been administered by an appropriately trained individual.
- The following signs will be responded to by contacting emergency medical services: deterioration in symptoms, severe neck pain, increasing drowsiness/ confusion/ irritability, severe or increasing headache, vomiting more than once, unusual behaviour, seizure or fit, double vision, weakness/tingling/burning in arms or legs, loss of consciousness.
- SWCC will err on the side of caution regarding suspected concussion. It is recognised that: delays in reporting or under reporting symptoms can result in a longer recovery period and can risk incomplete recovery of the brain; those with a history of migraines, or who take medication for migraines, may have altered recovery times and that the younger the individual is, the longer it may take for symptoms to resolve.
- In all cases of suspected concussion, the athlete will be referred to a doctor for assessment and management of the concussion, even if the symptoms resolve.
- If a rider's helmet is damaged after an injury/accident, the individual will be removed from activities for the remainder of the day, even if they do not show signs of concussion, and monitored for signs of concussion.



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- Anyone under 18 with suspected concussion will have a responsible adult assigned to them and their parents/carers will be informed.
- Anyone with a suspected concussion will not be allowed to return to activities on the same day of the injury. SWCC will attempt to ensure that following a suspected concussion, the individual does not drive, operate machinery or drink alcohol.
- Anyone with suspected concussion will be monitored for up to 48 hours after the event and those with suspected concussion will not be left alone. Arrangements will be made to ensure the rider reaches home safely.
- An injury report form will be completed and submitted to British Cycling in the case of a concussion or suspected concussion.
- A minimum of 14 days absence will be adhered to after concussion.
- Anyone who displays symptoms lasting longer than 28 days or who suffers a 2<sup>nd</sup> concussion within 12 months or has a history of multiple concussions, should be assessed and managed by a relevant healthcare professional.
- A graduated return to activity and sport will be advised, with emphasis on rest and a return to education/work before a return to sport. SWCC will follow British Cycling guidance around returning to sport.
- Concussion prevention will be implemented in all club activities. This includes adherence to the rules of the sport, ensuring riders wear appropriate sports equipment and ensuring training and cycling are appropriate for the age and skill level of riders.
- Further information around concussion can be found on the British Cycling website:  
<https://www.britishcycling.org.uk/about/article/20230306-about-bc-news-If-in-doubt--sit-them-out--British-Cycling-publishes-first-concussion-guidance-0>