



CanTRA Concussion Guidelines for Instructors

CanTRA Instructors should be familiar with the Equestrian Canada Concussion Awareness Information and Protocol

It is highly recommended that all levels of CanTRA instructors complete the on line course “Making Headway”. Those with EC certification are already required to do so.

Any rider who may have hit his/her head in a fall must NOT return to riding that day.

A rider may say that they are fine and want to get back on the horse. Symptoms can be delayed and may not be present. However if there is any possibility of concussion, the rider MUST NOT be permitted to remount

If any concussion symptoms are present or a concussion is suspected- do not remove the riders’ helmet and immediately call for an ambulance.

After any fall by a rider where there is a possibility that the rider has hit his/her head, the rider should be directed to medical attention.

An incident report must be completed for any possible concussion and the follow up recorded on the report including the okay by a doctor to return to riding .

The steps of return to normal riding activity must follow concussion protocol, be clearly recorded, and progress reported in the student progress report.

Link to Equestrian Canada concussion awareness information and protocol
<https://www.equestrian.ca/programs-services/rules/concussion-awareness>