

# Head Injuries & General Medical Suspension Policy



Cycling NSW takes rider safety and well-being seriously and has developed a policy for riders who may have potentially received a head or other injury which from which on-going participation in cycling may result in a further catastrophic injury of the rider and/or other riders. The sport of cycling has inherent risk and falls from bikes during race and training can and do occur.

This policy should be read in conjunction with the Helmet Policy which describes the preventative requirements of helmet use in competition and training.

The first and immediate action is the safety and well-being of the injured rider, other competitors and officials. Only after the site has been secured and immediate attention to the injured rider taken place, provided should any further consideration of this policy be undertaken.

This policy is a guideline for commissaires and officials and in no way should replace the advice of a registered medical practitioner. Any rider who feels they may have been subject to a head or neck injury or any other medical occurrence should seek expert advice. Any continuation of racing or training is always undertaken at the riders own risk

## **Head/Neck Injuries**

Where a rider falls during competition (regardless of the category of racing), the Chief Commissaire will be responsible for considering if the rider has been subject to any knock of the head or suffered any adverse positioning of the neck. The Chief Commissaire will use the advice of the first aid attendant on duty at the event to make a determination.

Where the rider has any visual injury such as a cut, contusion, bruising or demonstrates the symptoms of concussion including head ache, blurred vision or has been knocked out for any period of time, the Chief Commissaire will deem the rider has received a head injury.

Where the helmet of the rider has been damaged such that the inner casing is damaged in any way (eg cracking, compression, breakage etc) the Chief Commissaire will deem the rider has received a head injury.

Where the rider reports any tingling or numbness of the feet/legs or arms/hands, neck soreness or was seen to land in an awkward position with respect to their head/neck, it will be considered a neck injury may have occurred and the rider will be issued a medical suspension.

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## **Other Injuries/Medical Issues**

There are a variety of other medical conditions or injuries which may result in a significantly increased risk of a catastrophic medical occurrence should riding continue on the day of the incident or subsequently. These may include but are not limited to; an epileptic episode, heart attack, heart arrhythmia or other.

Such occurrences may be reported to the Chief Commissaire either during or after the event and may also be reported to them by the first aid officer in attendance. Should the Chief Commissaire be of the view that the rider may have been subject to a serious medical occurrence they will issue a medical suspension notice

## **Injury Suspension Notice**

The Chief Commissaire will issue the rider a suspension notice which identifies the rider cannot return to training or competition riding until they have received a medical clearance and that clearance is received at the CNSW office. In some instances the medical clearance may stipulate a return to certain training activities under certain conditions. If such a clearance is provided, a subsequent clearance for all cycling activities will be provided prior to the rider being deemed allowed to participate in race events

If in any doubt as to the occurrence or severity of a head injury, the Chief Commissaire will issue an injury suspension notice.

Where the fall/injury occurs at a training session and a Chief Commissaire is not present, the onus of reporting falls on the senior coach or official present at the time of the fall/injury.

Where the rider has been incapacitated such that they are unable to be issued an injury suspension notice, the Chief Commissaire or official/coach will advise the CNSW office as soon as is practicable and the office will make arrangements for notification of the rider of the suspension and requirements thereafter.