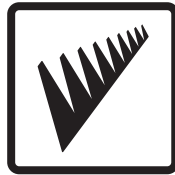


# Concussion Awareness Pocketcard for BMX Riders



**BMXNZ**  
New Zealand

Following a **CRASH** assess for the following:

## 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?

Any **HIGH RISK** features?

YES

**Call 111**  
for emergency medical transport  
Spinal precautions

NO

Rider **UNRESPONSIVE** at any time?

YES

**STOP** - Needs medical evaluation

NO

Answers less than 5 **ORIENTATING QUESTIONS** correctly

YES

NO

Monitor rider/assess for signs & symptoms of **CONCUSSION** (see other side)

# Concussion in BMXers: **SIGNS** and **SYMPTOMS**



**BMXNZ**  
New Zealand

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**

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

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