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RULES FOR HUNTER TRIALS



PONY CLUB
WESTERN AUSTRALIA

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Section 1: Introduction

Governing Rules

These Pony Club WA Hunter Trials Rules (the **Rules**) are effective from **01 January 2022**.

As from this date, all other texts covering the same matter (i.e., other editions or amendments) issued previously are superseded.

Pony Club WA Hunter Trials events (**Hunter Trials**) are to be run in accordance with the following rules:

- Pony Club WA Eventing Rules
 - EA National Eventing Rules
- (together, the **Eventing Rules**).

All riders and horses competing in Hunter Trials must comply with:

- FEI Code of Conduct for the Welfare of the Horse
- Pony Club WA Code of Conduct

These Rules to be used in conjunction with the latest edition of the Pony Club WA Eventing Rules. To the extent of any inconsistency between these Rules and the Pony Club WA Eventing Rules, these Rules shall prevail.

These Rules are to be used by affiliated Pony Club's holding Hunter Trials for Pony Club grades. Reference should be made to the Eventing Rules for any event or circumstances not covered in these Rules. In any unforeseen or exceptional circumstances, it is the duty of the official/s responsible to make a decision in a sporting spirit and in accordance with the intention of these Rules.

Any new or amended EA rules applicable to Eventing or Hunter Trials shall be considered by Pony Club WA as early as possible after publication by the EA. Changes will be adopted unless Pony Club WA consider them to be inappropriate for Pony Club. All EA amendments if adopted will be published on the Pony Club WA website for circulation to relevant Officials, Event Organisers, and Zone and Club Secretaries.

All members of Pony Club WA shall accept and be bound by these Rules. Submitting an entry for any Hunter Trials constitutes implicit acceptance of the latest edition of these Rules. Each rider is responsible for knowing and understanding these Rules and complying with them. The appointment of a Technical Delegate (**TD**)/Hickstead/Hunter Trial Inspector does not relieve the rider from such responsibility.

From 01 July 2017 all Pony Club WA Cross Country Course Designers must be accredited with Pony Club WA. Pony Club WA Cross Country Course Designers will be restricted to designing courses for the grades in respect of which they are qualified.

Cross Country Course Designers holding an EA National Level 1 qualification are permitted to design Pony Club WA Cross Country courses up to PC105 (EVA105). For cross-country courses over PC105, a Cross Country Course Designer must hold, at least, EA National Level 2 qualifications.

FEI Accredited Cross Country Course Designers are accredited to design at any Pony Club WA grade.

1. All courses are required to be checked by a Pony Club WA Accredited Cross Country Course Designer once every calendar year. (Any changes made to dimensions and structure of permanent jumps between these inspections are required to be approved by a Pony Club WA Accredited Cross Country Course Designer before use. Hickstead/Hunter Trial Inspector will check any changes to Portable jumps along with full course prior to the event.

Origin & Aim

'Hunter Trials' originated as a test for hunting horses and riders consisting of a timed course, or section of a course, of obstacles similar to those found under actual hunting conditions.

"The aim of Pony Club Hunter Trials is to maintain the spirit of the original competition whilst utilising existing eventing Cross Country courses and providing members with the opportunity to participate in another form of competitive Cross Country riding to further develop their horsemanship skills."

SECTION 2: Hunter Trials General Regulations

Chapter 1 – General Requirements

Article 1 – Eligibility of Riders

1. Riders entered in Pony Club classes must be current financial members of a Pony Club affiliated with Pony Club WA.
2. Open Riders must be 18 years or older and hold Pony Club WA Open Rider membership.
3. Age of the member on 01 January shall be maintained throughout the year.
4. A rider may not compete on more than two mounts at one competition.
5. Horse and rider combinations can compete in no more than two individual classes, if offered.
6. If the full course is longer than 2000m horse/rider combinations may only compete in 1 round on the day.

Article 2 – Eligibility of Mount

1. Mount may compete in Hunter Trials from the beginning of the calendar year in which it turns five years old
2. Hunter Trials are open to horses and ponies.
3. Stallions and rigs are not permitted.
4. After the closing date for entries, no substitutions of mounts may be made except in cases of illness, lameness or other unavoidable circumstance which must be certified by a veterinary certificate.

Article 3 – Competition Format

1. Hunter Trials shall be completed in one day.
2. The competition timetable must provide for each rider to have an interval of at least 30 minutes between completion of one class and the start of the next in which that rider is entered.

Article 4 – General Age and Class Divisions

1. Ages of riders are to be taken as of 01 January and age allowances for each class are as stipulated below.
 - a. 95 cm – Pony Club riders 11 - 24 years inclusive and Open Riders
 - b. 80 cm – Pony Club riders 10 - 24 years inclusive and Open Riders
 - c. 65 cm – Pony Club riders 9 - 24 years inclusive and Open Riders
 - d. 45 cm – Pony Club riders 8 - 24 years inclusive and Open Riders
 - e. Up to and including 30 cm – Pony Club riders 8 - 24 years inclusive and Open Riders
2. The "one horse one rider" rule will apply to all Pony Club and Open Rider classes.
3. Classes may be offered to Pony Club WA Open Riders at the Event Organiser's discretion.
4. Pony Club and Open riders can be combined in classes 18 years and over.

Article 5 – Scoring

1. Cross Country Jumping Phase

The Cross Country jumping phase will be judged on the penalties incurred throughout this phase. The penalties incurred for faults at the obstacles and exceeding the optimum time/time allowed shall be added together to form the rider's score for the Cross Country phase.

2. Skills Phase (within Cross Country round)

Penalties will be incurred for failure to negotiate the skills obstacles within an allowed time or for failure to negotiate the skills obstacles correctly. More specific details of skills obstacles/time allowed and penalties will be outlined on course maps.

3. Overall Score

The total penalties incurred by a rider over the Cross Country phase and skills phase are combined to give an overall score. The rider with the lowest number of total penalties shall be placed first.

4. Equality of Overall Scores

In the event of equality in overall scores, the rider closest to the optimum time/time allowed shall be placed first.

The following applies only to riders who have registered for the Hickstead & Hunter Trials Leader board and/or riding at a State Hunter Trial Event:

Riding Down

Riding Down one level from a higher level for which a horse is qualified, carries no penalty. Riding Down two or more levels will incur 7.5 penalties, to be added to the total of faults for the two phases.

This applies to horse/rider combinations that have ridden at a higher level at either PC or EA events.

It is the responsibility of the competitor to inform the Organising Committee at the time of entry that he is riding down two or more levels.

Riding Down at State Event

A horse/rider combination shall NOT be allowed to ride down directly to a State Event. If a horse has been ridden down, it shall only be allowed to compete at a State Event if it has competed only at the lower level for the 12 calendar months prior to the Championships.

If the grade that the horse/rider combination is qualified is not offered then, at the committee's discretion, a rider may ride down at the State Event and carry the 7.5 penalties. Pony Club WA Rules for Eventing 2022.

A Horse Rider Combination is deemed to have qualified if they have achieved a qualifying score at least two or more events at the level in the 12 months preceding the close of entries.

Riding Down at State Event – New Rider

A horse qualified for a certain level, upon having a new rider, shall be able to reduce any number of levels without penalty, to the highest level for which the new rider is qualified.

It shall then be considered qualified at that level. Pony Club competitors will not be penalised, in any way whatsoever for acquiring and/or riding an EA graded horse in Pony Club Hunter Trials.

Article 6 – Inquiries and Protest

1. Only the owner of the mount or his/her authorised agent, or a rider taking part in the competition is entitled to lodge a protest.
2. Protests must be in writing, signed by the person making the protest, and presented personally to the Event Organiser or Appeals Committee, as the case may be, together with any supporting evidence, names of witnesses and the necessary deposit of \$50.
3. Protests concerning:
 - a. the eligibility of a rider or mount or to the conditions of the Cross Country and skills course must be lodged no later than 30 minutes before the start of the competition.
 - b. an obstacle, the plan or the length of the course must be lodged no later than 30 minutes before the start of the competition; and
 - c. irregularities or incidents during a competition, or the classification of a competition must be lodged no later than 30 minutes after the announcement of the results or the posting of results on the event notice board.

Article 7 – Appeals Committee

1. The Appeals Committee shall consist of three people appointed by the Organising Committee who can demonstrate they have no material personal interest in the decision to be made and are approved by the officiating Event Organiser.
2. The Appeals Committee is responsible for dealing with:
 - a. protests referred to it.
 - b. appeals against decisions of the TD/Hickstead/Hunter Trial Inspector; and
 - c. cases of infringements of any rules for which the TD/Hickstead/Hunter Trial Inspector is not responsible.
3. The Appeals Committee may confer with any person deemed necessary and appropriate by them to help them reach a decision provided that person does not have a material personal interest in respect of the decision to be made.
4. The following persons may not serve as a member of the Appeals Committee:
 - a. judges of the competition pertaining to the protest
 - b. owners of horses entered in the competition pertaining to the protest
 - c. a coach of any rider, or any rider, entered in the competition
 - d. any relative of those persons listed in (c) and (d) above
 - e. the TD/ Hickstead/Hunter Trial Inspector
 - f. any person with a material personal interest in the outcome of the decision to be made.

Article 8 – Disqualification and Elimination

1. A rider who is disqualified at any stage of the competition scores zero and will not be eligible for any awards in that class.
2. A rider shall be eliminated by:
 - a. the judge of the obstacle concerned; or
 - b. the scorers on behalf of the relevant judge.
3. A rider may be eliminated on the following grounds:
 - a. Unauthorised assistance – riders may be encouraged or supported but may not be given direction or coaching during any phase of the competition. A rider may be eliminated for unauthorised assistance.
 - b. Grounds of elimination set out in Articles 16 (Cross Country Section) and 19 (Skills Section).
 - c. If at any time during the competition a horse is found to be lame, or unfit to continue by the Organising Committee, TD /Hickstead/Hunter Trial Inspector, or the officiating Veterinarian.

Exceptions:

4. A competitor may be handed his whip, helmet, or spectacles without dismounting.

5. A competitor may receive clarification of Jumping Penalties from the Obstacle Judge after having knocked a flag down at an Obstacle.
6. A competitor after having knocked down a flag at an obstacle as a consequence of a run out, may ask the jump judge for the flag to be repositioned, but no time will be deducted.
7. A rider may be disqualified by the Event Organiser or TD /Hickstead/Hunter Trial Inspector in cases of misconduct or failure to comply with these Rules.
8. The Organising Committee, TD/Hickstead/Hunter Trial Inspector, Appeals Committee, or the officiating Doctor or Ambulance Officer may, at any time, disqualify any rider who, in their reasonable opinion, is unfit or unsafe to ride.

Article 9 - Horse and Rider Welfare

Rider Fitness and Medical Card

- All active participants at Pony Club WA events may carry on them or have an accompanying adult carry up to date information regarding current or previous medical conditions. In the Jumping phase, riders may wear a Medical Armband on the upper left arm or upper left-hand sleeve. This is not mandatory.

Examination after a fall - Medical Fitness

- If there is any doubt in regard to fitness to compete the TD /Hickstead/Hunter Trial Inspector may eliminate the rider at their discretion. A veterinarian or Official Medical Officer as appropriate MUST examine all horses and riders that have a fall during training or competition before they either take part in another test, event or leave the competition site.

Concussion

- When a Rider has an accident that, in the reasonable opinion of attending First Aid Attendance, Event Ambulance Officers, Paramedics or Doctors following proper medical assessment, results in concussion or suspected concussion, that Rider must be eliminated from the competition and is ineligible to take part in any other Competition at that event.
- Event Ambulance Officers, Paramedics or Doctors must advise the TD /Hickstead/Hunter Trial Inspector of any incidents of concussion or suspected concussion. The Hickstead/Hunter Trial Inspector/Technical Delegate is responsible for reporting to such incidents to the Pony Club Hickstead/Hunter Trials committee.

Competitors Responsibilities

- Ultimately the competitor is responsible for knowing these rules and complying with them. The appointment of a TD /Hickstead/Hunter Trial Inspector or official, whether provided for in these rules, does not absolve the competitor from such responsibility.

Horse:

- For easy identification after a rider has been separated from their horse, a horse must carry its number either on the saddle cloth or the bridle in all phases.

Rider:

- For easy identification, competitors BIB numbers must be worn at all times by the rider when the horse is being ridden, exercised, or lunged, during the dressage and jumping tests and when walking the Jumping course. Numbers must be worn in front and on their backs. Hair must be neatly restrained and long hair to be plaited to collar-length and restrained in such a way that the competitor number is visible from front and back. Parents, grooms, etc. when lunging (or in hand) the horse/pony, must wear the competitors BIB number front and back and must wear helmet, gloves and enclosed shoes.
- The rider is still required to wear a BIB number during each phase of the competition.

Saddlery and Dress

- Must be checked prior to each test.
- Competitors are to know and comply with saddlery and dress requirements for Pony Club WA Hunter Trials. Particularly in wearing rider numbers, horse numbers, correct protective headgear and Beta Level 3 body protectors.
- Refer to Pony Club Australia Gear Checking Rules for full details. For queries relating to Hickstead/Hunter Trial Competition Gear please contact the Gear Checking Advisory Panel gearchecking@ponyclubwa.asn.au

Restriction on Schooling Horses

- Under penalty of elimination, unless specifically authorised by the TD /Hickstead/Hunter Trial Inspector competitors are forbidden to ride close to the Cross Country fences, or in the Jumping and dressage arenas.
- A competitor who allows another person to school his/her horse during the event will be eliminated.
- *No competitor may have practised on any of the obstacles to be used in the competition for four weeks before the competition. Exemptions to the four- week time closure may be requested in writing to the Pony Club WA Hickstead Hunter Trials Committee.*
- A groom may work the horse in hand or lunge.

Article 10 – Safety

1. All Pony Club Events must comply with the Pony Club Australia Minimum Medical Standards for Pony Club Guidelines which are available on the Pony Club Australia website.
2. Riders who have fallen at any time must report to the designated First Aid officers for assessment before they remount. This includes any falls during the warmup.
3. Medical services (human and veterinary) must be able to get to all fences, and vehicles must have direct access between the Cross-Country course and the First Aid centre.
4. The Organiser must arrange adequate communication involving all emergency services and key officials.
5. If the above-mentioned medical service is not on the ground, then the event must be halted.
6. At all Hickstead events, a tarpaulin should be available to cover a horse should one need to be euthanized.
7. Rider – Crash crew must have screens to use if necessary.

Article 11 – Presentations

1. Riders must present in riding attire as per the Pony Club Australia National Gear Rules.

SECTION 3: General Regulations

Chapter 2 – Officials

Article 12 – Technical Delegates /Hickstead/ Hunter Trial Inspector

1. TDs/Hickstead/Hunter Trial Inspectors are required to be accredited with either Pony Club WA or EA.
2. TDs/Hickstead/Hunter Trial Inspectors are responsible for signing off the Cross Country course and supervision of the Cross Country course for the entirety of the Hunter Trials.

Article 13 – Other Officials

1. A gear checker accredited with Pony Club WA must be in attendance for the entirety of the Hunter Trials. <https://www.ponyclubwa.asn.au/coaches-and-officials>
2. All other Hunter Trials officials should be provided for as per the Hickstead/Hunter Trials Organiser's pack.

SECTION 4: Phase Rules

Chapter 3 – Cross Country Jumping Phase Rules

Article 14 – Cross Country Jumping Rules

All Hunter Trials shall be run in accordance with these Rules and the Pony club WA Eventing Rules.

Article 15 – Cross Country Course Specifications

1. All courses are required to be checked by a Pony Club WA Accredited Cross Country Course Designer once every calendar year. Any changes made to dimensions and structure of permanent jumps between these inspections are required to be approved by a Pony Club WA Accredited Cross Country Course Designer before use. Hickstead/Hunter Trial Inspector will check any changes to Portable jumps along with full course prior to the event.
2. Cross Country courses should have between 10-25 jumping obstacles. Fence construction must comply with current Eventing Rules. See [Appendix A](#) for specifications.
3. Any style of fence permitted within the Pony Club WA Eventing rules can be included in the Cross Country jumping phase.
4. All jumping obstacles on the course must be visible to a jump judge at all times.
5. All Cross Country courses must be approved prior to competition by the TD/Hickstead/Hunter Trial Inspector

Article 16 – Cross Country Jumping Penalties

(The Eventing Rules will apply with certain exceptions as highlighted below)

General Penalties	
First run out, refusal or unauthorised circle at the same obstacle.	20 Penalties
Second run out, refusal or unauthorised circle at the same obstacle	20 Penalties
Third run out, refusal or unauthorised circle at the same obstacle	20 Penalties
Fourth and subsequent run outs, refusal or unauthorised circle in the whole test. – rider will be asked to leave the course if horse is deemed dangerous	120 Penalties each
Fall of horse or rider on course all grades (must leave the course unmounted and report to ambulance/vet)	Elimination
Error of course not rectified	Elimination
Omission of Obstacle or Compulsory Flag	120 Penalties
Retaking an obstacle already jumped	Elimination
Jumping an obstacle in the wrong order	120 penalties
Jumping an obstacle in the wrong direction, including any practice jump	Elimination
Unauthorised assistance	120 penalties
Time penalties	
Exceeding optimum/allowed time	0.4 penalties per second
No penalties will be imposed for competitors completing course under the time allowed	

Article 16.1

Where a rider is eliminated pursuant to this Article 18, he or she may not take any further part in the competition without the prior consent of the Technical Delegate. *Riders will be asked to move on if taking too long at one Jumping obstacle as per Article 18 Skills Obstacle rules*

Chapter 4 – Skills Phase Rules

Article 17 – Skills Obstacles Rules

1. All Hunter Trials shall be run in accordance with these Rules and the Pony Club WA Eventing Rules.
2. Jump judges will time each rider at each skill obstacle and riders will be asked to move on if the obstacle is not completed within 60 seconds.
3. Riders who are delayed by other riders at the skills obstacles will have their time taken (at the point at which they are delayed and when they restart from that point) and the final course time will be adjusted.
4. Riders must finish the course mounted.

Article 18 – Skills Obstacles Specifications

1. The number and nature of the skills obstacles shall be determined at the discretion of the Course Designer and subject to the approval of the TD/Hickstead/Hunter Trial Inspector.
2. Skills obstacles may include a water course, gate to open and shut, slip rail remove, lead through, replace and remount, a ramp and walk section, a traffic hazard and show jumps or any other skill based obstacle approved by the TD/Hickstead/Hunter Trial Inspector. Skill obstacles construction to be of safe design and solid material. All skills obstacle courses are to be approved prior to competition by the TD/Hickstead/Hunter Trial Inspector.
3. Riders may incur penalties for errors at skills obstacles (see Article 19 below). Penalties for other skills obstacles not listed in Article 19 are at the discretion of the Event Organiser and must be included on the course maps.
4. All skills obstacles on the course must be visible by a judge at all times.

Article 19 – Skills Obstacles Penalties

GENERAL AND TIME PENALTIES EXAMPLES	
Knocking down an obstacle	4 Penalties
Failure to attempt an obstacle, Omission of Obstacle or Compulsory Flag	120 penalties
Fall of horse or rider on course all grades (must leave the course unmounted and report to ambulance/vet)	Elimination
Failure to open and pass through the gate mounted within 60 seconds	200 penalties
Failure to dismount, take down and pass through slip rail dismounted within 60 seconds	200 penalties
Failure to shut gate mounted, or replace slip rail dismounted within 60 seconds allowed, when it is otherwise correctly negotiated (in both cases from the departure side of the obstacle)	50 penalties
Receiving assistance to re mount after the slip rail - Compulsory to mount after the slip rail	60 penalties
Failure to attempt to complete negotiation of the gate or slip rail (including shutting/replacing) for 60 seconds	Elimination
A total of 30 seconds will be added to the calculated time allowed to cater for the time required to negotiate each of the gate and slip rail obstacles (60 seconds in total)	

Article 20 – Attire and Gear

Rider's attire and Gear must comply with Pony Club Australia National Gear Rules and Hickstead/Hunter Trial rules.

Appendix A – Cross Country Jump Specifications

These will be as per the current Pony Club WA Eventing Rules with the addition of the 30cm class.

GRADE		95 CM	80 CM	65 CM	45 CM	30 CM	30 CM
Colour		Red	White	Orange	Blue	Green	Yellow
Speed		450mpm	400mpm	350mpm	300mpm	250mpm	225mpm
Distance		2000m-3000m	1500-2500	1500-2500	1500-2000	1500-2000	1000-2000
Efforts (total including any used in the skills phase)		15-25	15-25	15-20	15-20	10-15	10-15
Maximum Heights	SJ Fences	0.95m	0.80m	0.65m	0.45m	0.30m	Poles -0.30m
	SJ Spread Highest Point	1.00m	0.90m	0.65m	0.45m	0.30m	0.30m
	SJ Spread Base	1.40m	1.20m	0.80m	0.60m	0.50m	0.50m
	XC Fixed	0.95m	0.80m	0.65m	0.45m	0.30m	0.30m
	XC Brush	1.15m	1.00m	0.80m	0.60m	0.30m	0.30m
	XC Spread Highest Point	1.00m	0.80	0.70m	0.50m	0.40m	0.40m
	XC Spread Base	1.50m	1.20m	0.90m	0.70m	0.50m	0.50m
	XC Drop	1.20m	1 at 1.00m	1 at 0.80m	1 at 0.60m	1 at 0.40m	1 at o.40m
	XC Obstacle into Water	0.30m	not allowed	not allowed	not allowed	not allowed	Not allowed
Depth of Water		0.30m	0.30m	0.30m	0.30m	0.30m	0.30m

Special conditions:

The table in Appendix A, lists recommended course speeds for the various grades. Under certain circumstances (eg. when the course includes sharp turns), the organiser may after receiving agreement from the Hickstead/Hunter Trial Inspector, reduce course speeds. Under No circumstances, however, may course speeds be increased above those listed in Appendix A.

[illegible]

Appendix C – Overall Score Sheet Template

[illegible]



Protests must be in writing on this prescribed form, signed by the person making the protest and presented personally with any supporting evidence, names of witnesses and the necessary deposit of \$50. The \$50 fee will be refunded if the protest is upheld.

- Team Manager for team events.
- Parent or guardian for individual events if the rider is under the age of 18.
- Rider for individual events if the rider is over the age of 18.

All protests lodged will be considered by the Appeals Committee.

The decision of the Appeals Committee is final.

Event:	
Rider:	Horse:
Protest submitted by:	Position:
Date Submitted:	Time Submitted:
Rider Signature:	Mobile:
Team Manager Signature:	Mobile:
Brief Description of Protest: 	
Witness 1:	Mobile:
Witness 2:	Mobile:
Please attach further details/documentation/evidence to support your Protest.	
Event Secretary Use Only	
Date Received:	Time Received:

APPENDIX E – Inquiry Form

Hunter Trials Competitor Query /Protest/Objection Form

Assists the Organisers to answer Riders Queries with minimum disruption to the competition.

1. Complete Query form and lodge with the event secretary within **30** minutes of scores being posted. When a decision has been made by the relevant officials. You will be called to the office and advised the outcome of your query.
2. **If you are dissatisfied with the outcome you have the right to lodge a *Formal Protest/Objection*. Once a formal Protest/Objection has been submitted, scores on the notice board must be covered or removed. There must be a note advising other competitors that a formal protest/objection is in place. Organisers must also announce a Formal/Objection is in place.**

DATE/ TIME: _____ HORSES NAME: _____

RIDERS NAME: _____ BIB NUMBER _____

(If Rider under 18 must be accompanied by Parent, Guardian or Team Manger)

CLASS/Grade: _____ CONTACT NUMBER _____

QUERY:

	Refusal:
	Obstacle Number:
	Time Taken on Cross Country:
	Eliminated:
Other	Please Explain
Comments	

NAME: _____ SIGNATURE: _____ DATE: _____

TIME: _____

FOR OFFICE USE ONLY:

OFFICIAL TO ANSWER QUERY: _____ TECHNICAL DELEGATE/CHIEF SCORER/OTHER(circle)

TIME RECEIVED: _____ TIME REPLIED: _____

UPHELD : _____

DISMISS: _____

EXPLANATION: _____

OFFICIALS NAME:

SIGNATURE:

APPENDIX F – Concussion Card

- Athlete to be given this card by the Medical Officer or Technical Delegate
- To have the mandatory suspension lifted, after being diagnosed with concussion, prior to the recorded 21 days, seek clearance from a suitably qualified medical practitioner. This card and accompanying doctors certificate must be returned to sports@ponyclubwa.asn.au

Current Pony Cub WA Eventing Rules

28.3 Concussion When a Rider has an accident that, in the reasonable opinion of attending Event Ambulance Officers, Paramedics or Doctors following proper medical assessment, results in concussion or suspected concussion, that Rider must be eliminated from the competition and is ineligible to take part in any other Competition at that event.

A 21 day mandatory medical suspension will apply to diagnosed concussion as per the Pony Club Australia Concussion Policy.

CONCUSSION INJURY ADVICE				
Venue/Event:				
Patients Name:				
Date/Time of Injury:				
Concussion	Suspected		Diagnosed	
Treating Medical Officer				
FOLLOW UP MEDICAL CLEARANCE				
Date/Time of Medical Review				
Treating Medical Officer				
Phone Number				
Medical Certificate Attached	Yes		No	
ADVICE FOR THE PERSON MONITORING THE CONCUSSED ATHLETE				

This patient is recovering from an injury to the head.

A careful medical examination has been carried out and no sign of serious complications has been found. Recovery time is variable across individuals and the patient will need monitoring for a further period by a responsible adult. Your treating doctor will provide guidance as to this timeframe.

If you notice any change in behaviour, vomiting, dizziness, worsening headache, double vision or excessive drowsiness, please contact your doctor or the nearest hospital emergency department immediately.

Other Important points:

- Rest (physically and mentally) including training or playing sports until symptoms resolve and you are medically cleared
- No alcohol
- No prescription or non-prescription drugs without medical supervision specifically
 - No sleeping tablets
 - Do not use aspirin, anti-inflammatory medication or sedating pain killers
- Do not drive until medically cleared
- Do not train or play sport until medically cleared