

# ADELAIDE PLAINS EQUESTRIAN CLUB INC POLICIES

Policy number	13	Version	1
Drafted by	AM	Approved by	Committee
Responsible person	First Aid Officer	Scheduled review date	September 2025

## RIDER FALL EMERGENCY POLICY:

If a rider falls from their horse at any time during an event or warm up, the following procedures are to be followed:

1. Cease all activities in the immediate area of the rider.
2. Event First Aid Officer to perform DRABCD and assess the patient's injuries.
3. Call 000 if necessary and follow published emergency procedure.
4. Horse Welfare Officer to ensure the horse is secured and assessed for injuries.
5. Call a vet if needed.
6. If the rider does not appear injured and an ambulance is deemed not necessary, then the first aid officer is to administer the rider fall checks (Annex A).
7. The rider is not permitted to remount or continue the event until they have been fully assessed by the first aid officer (Recommended 1 hour minimum)
8. Complete an incident form.

## REVIEW / CONSULTATION

The review of this policy is the responsibility of the Adelaide Plains Equestrian Club Committee. This policy will be reviewed at least every three years.

**APPROVED**                      *aj.maddison*.....                      (Signature)

**DESIGNATION**                      President

**RIDER FALL CHECKLIST**

Annex A

Any **yes** responses to the checklist requires the rider to seek further medical treatment immediately. Call 000 if required.

Any rider with a suspected concussion should be REMOVED FROM EVENT ACTIVITIES, and medical attention sought immediately.

Riders with a suspected concussion should not be left alone and should not drive a motor vehicle.

**RED FLAGS**

If ANY of the following are reported then 000 shall be called.

If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Rider complains of neck pain.
- Deteriorating conscious state.
- Increasing confusion or irritability.
- Severe or increasing headache.
- Repeated vomiting. Unusual behaviour changes.
- Seizure or convulsion.
- Double vision.
- Weakness or tingling / burning in arms or legs.

Signs/symptoms	0 minutes		15 minutes		30 minutes		Comments
	YES	NO	YES	NO	YES	NO	
Loss of consciousness or unresponsive							
Seizure							
Lying motionless on the ground / slow to get up							
Unsteady on feet / balance effected / uncoordinated							
Grabbing or clutching head							
Dazed, blank or vacant look							
Confused.							
Headache							
Dizziness							
Drowsiness							
Blurred Vision							
Nausea or vomiting							
Light sensitivity							
Memory loss							
Trouble concentrating							
Balance problems							
Irritability							
Ask them what venue they are at							
Ask them what Month it is							
Ask what their horses name is							

**Riders Name:**

**Date:**

**First Aider:**