



1904-2024  
120  
YEARS

# CONCUSSION IN MOTORSPORTS



# WHAT IS CONCUSSION?

CONCUSSION IS A MILD BRAIN INJURY  
THAT NEEDS TO BE TAKEN **SERIOUSLY**.

Being educated about concussion, whether you compete or support those who do, will help keep motorsport as safe as possible. The best concussion is the one you don't have and prevention is the first line of defence.

When an accident happens, or even if you didn't actually hit anything and simply went through a big head deceleration, it is important to recognise the signs and symptoms of concussion.

Importantly, you don't have to be unconscious or have banged your head to be concussed.

Look out for these signs:

- Headache
- Nausea
- Dizziness
- Fatigue
- Problems balancing
- Amnesia or forgetfulness
- Irritability or changed emotional state

## **SAY IF YOU'RE NOT OK.**

If you're with someone who you think might be concussed, tell the medical staff. For competitors, it is important to tell the truth in order to be assessed correctly.





Competitors should present themselves to the medical team if they suspect they are concussed during an event. The medical staff will do an assessment and confirm the diagnosis or advise otherwise if the competitor is not concussed.

Concussed competitors should sit out for the remainder of the event.

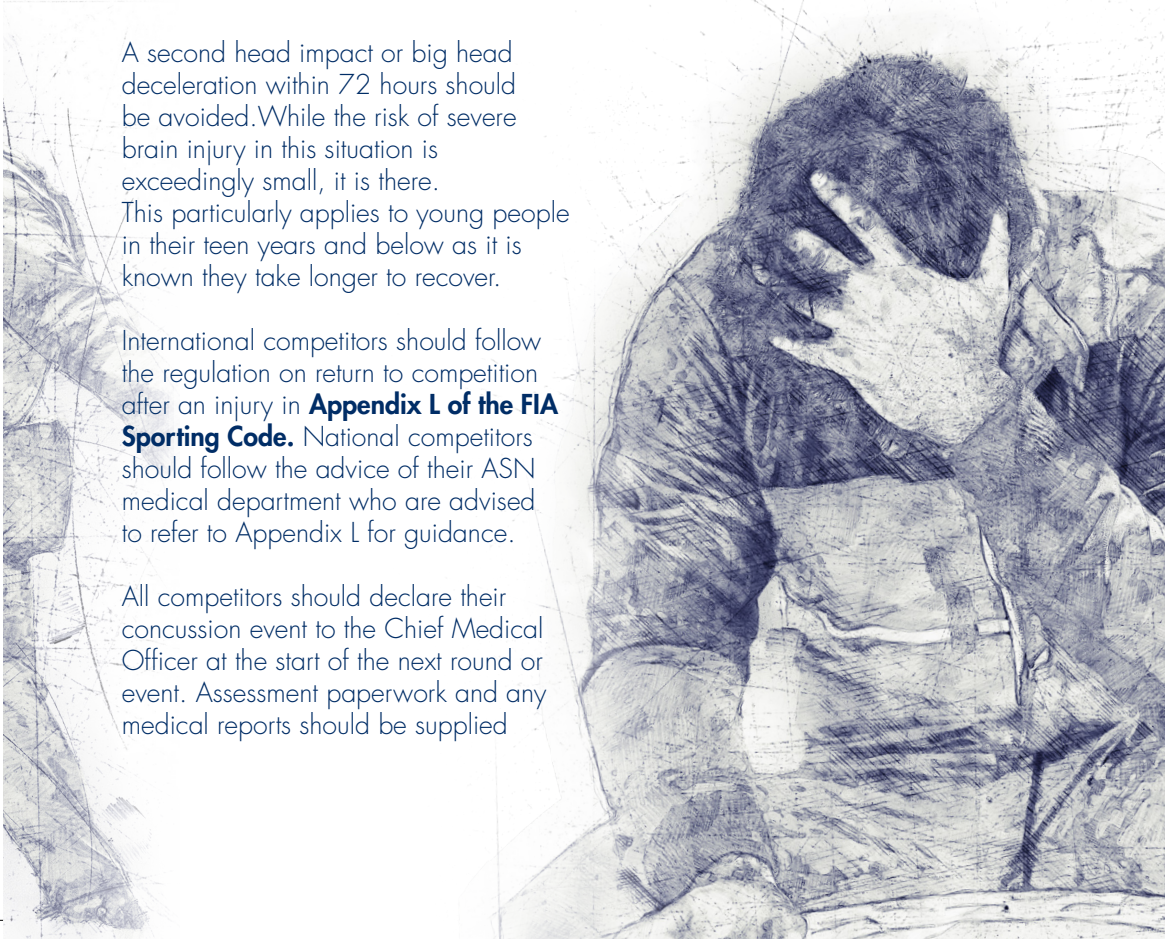
A second head impact or big head deceleration within 72 hours should be avoided. While the risk of severe brain injury in this situation is exceedingly small, it is there. This particularly applies to young people in their teen years and below as it is known they take longer to recover.

International competitors should follow the regulation on return to competition after an injury in **Appendix L of the FIA Sporting Code**. National competitors should follow the advice of their ASN medical department who are advised to refer to Appendix L for guidance.

All competitors should declare their concussion event to the Chief Medical Officer at the start of the next round or event. Assessment paperwork and any medical reports should be supplied

according to the country where the event will be held. The CMO of that event has responsibility to assess if the competitor is fit to compete and may ask for a specialist opinion if needed.

Remember,  
**IF IN DOUBT, SIT OUT.**





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