



THE MEDIC RIG, LLC

CONCUSSION PROGRAM AND PROTOCOL

Background – Our Sports Related Concussion (SRC) Program and Return to Ride Protocol is mandatory for all AMA licensed Supercross and Motocross athletes. The program is about Safety and begins before you are issued your license with a “Baseline” evaluation. Your Baseline must be re-evaluated every other year. Although some concussions resolve in 7-10 days, it is impossible to know how quickly the athlete will return to their baseline regardless of initial signs and symptoms. ***Concussions are cumulative often increasing in severity if the initial injury is not allowed enough healing time.***

Challenges –

- Our Riders compete on the weekend, but return home during the week for conditioning, practice, and medical care if needed. It is important to coordinate consistent evaluation and care in the athlete’s home area.
- Riders, ages 16 to 35, have different risk factors.
- Motorsports concussions occur less often than football, but are more significant due speed and the height of the falls involved.

On Site Concussion Evaluation –

- If concussion is suspected, the rider is required to go directly to the Alpinestars Mobile Medical Unit. The athlete is not allowed to return to practice and/or racing until additional testing is performed.
- If more serious head trauma is suspected, the athlete will be transported to the local trauma center.
- If a concussion is confirmed, the athlete is disqualified for that day and placed into the concussion and return to ride protocol.
- If information is obtained that an out-of-competition practice crash has occurred, the athlete will also be required to present for evaluation and possible inclusion into the Concussion Protocol.

When Concussion is Confirmed –

- The athlete and/or caretaker will receive a concussion injury education and advice sheet including a detailed handout of the Return to Ride Protocol.
- Athlete contact information will be recorded, and forwarded to the Medical Director.
- The athlete will be contacted by the Medical Director on Monday. The athlete may also contact the Medical Director.
- Riders must be evaluated by a physician (M.D. or D.O.) or a neuropsychologist experienced in the evaluation and treatment of Sports Related Concussion. The Medical Director will assist the athlete in obtaining care in their local area. The treating physician will arrange for administration of a proctored ImpACT neurocognitive examination (not online). **Only after the physician examination is normal, all symptoms have resolved, and the ImpACT test has returned to baseline standard,** can the athlete begin the supervised Return to Ride Protocol.



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The Protocol – Do NOT begin unless instructed by your physician

- The protocol has five phases with the first being the brain and physical rest until symptom free for 24 hours.
- The protocol requires no symptoms throughout the exercises to advance to the next phase.
- The five phases progress from non-impact activities, through supervised exercises, cardio and strength training using very specific exertion rates and progressions. Supervised riding is not introduced until Phase four and five and again through a very specific exertion rates and stepped progressions.
- Once the protocol is completed, the physician and observer sign off.

Release to Ride

- Rider submits completed release forms to AMMU physician at event and performs another evaluation for final clearance to race that day. The AMMU staff will then closely observe the athlete during practice and races to help insure the athlete's safe return.

Greater magnitude injuries including bleeding within the brain will require neurosurgical and/or neurology release prior to returning.

For Additional Information, please contact:

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Concussion Program

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