

MOTORSPORT UK CONCUSSION POLICY 2023



Motorsport UK Concussion Policy

Concussion, or mild traumatic brain injury is now regarded as having the potential to result in significant consequences if ignored, especially in the younger age group where the brain is still developing. Motorsport UK along with many other governing bodies has a policy to ensure the safety of our competitors who are considered to have suffered a concussion.

Concussion may be diagnosed following an accident. There does not need to be any physical impact of the head and there does not need to be any loss of consciousness.

The following may be symptoms experienced, but there are many other manifestations which will be considered by a medical professional:

- Confusion / disorientation
- Amnesia
- Headache
- Dizziness / nausea
- Momentary loss of consciousness

Where a diagnosis of concussion is considered, the policy should be instituted by the event Chief Medical Officer, or equivalent.

1. The competitor must not compete further in the event (including subsequent days)
2. The competitor's licence should be suspended and retained by the secretary of the meeting, then forwarded to the Medical Department of Motorsport UK, together with a note explaining the reason for return.
3. Upon receiving the licence Motorsport UK will send the licence holder an explanatory letter with a pro forma for them to take to their GP, or licence medical issuing doctor. The GP may complete the form no sooner than 2 weeks after the concussion and will be asked to confirm the absence of any symptoms.
4. In all cases the licence will be suspended for a minimum period of 3 weeks.
5. Upon receipt of the pro forma certifying absence of symptoms the licence will be returned after the 3 week suspension period, any concerns should be notified to the Chair of Medical Committee.
6. In young adults and children concussion can be more serious, therefore any competitor under 18y of age will be required to see a specialist in concussion - consultant neurosurgeon, neurologist, or other consultant specialising in head injuries.
7. Once the Chair of the Medical Committee has reviewed the report and approved the reinstatement of the licence, the licence will be returned.
8. It is important that the competitor is advised not to drive any vehicle until symptoms have resolved. They should also be advised to consider discussing their employment role with either their Occupational Health Department or General Practitioner.



9. Professional racing series, where regular medical personnel attend, may institute their own policy, which must be approved by Motorsport UK, provided these guidelines are broadly followed.
10. The duration of symptoms is variable, with most cases recovering within a period of 3 weeks. This policy should generally cover that period. Some cases have persistent symptoms, in these cases expert opinion should be obtained. To ensure the safety of anyone Motorsport UK will suspend the licence for a period of 3 weeks. A doctor, who may be your GP, must complete the form below no sooner than 2 weeks after your diagnosis however your licence will be suspended for the full 3 weeks. If you require your licence sooner than this you must see a consultant neurosurgeon or other consultant specialising in head injuries, who must provide a report to Motorsport UK for consideration..

A second episode of concussion, occurring within a period of three months will require specialist referral prior to resumption of competitive driving.