

**MOTORSPORT UK**

**CONCUSSION POLICY**

**V3.0**



<b>Version</b>	<b>Author</b>	<b>Revision Date</b>	<b>Summary of Changes</b>
V3.0	Prof. Peter Hutchinson / Dr. Naomi Deakin MB BChir MA ( <i>Cantab</i> ) PhD	08/03/2025	Annual review. Underlining of words for emphasis, correction of the SCAT6 expansion



## Motorsport UK Concussion Policy

Concussion, or mild traumatic brain injury is now regarded as having the potential to result in significant consequences if ignored. This is especially relevant to individuals under the age of 24 years of age, where the brain is still developing. Motorsport UK along with many other sporting 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 any incident. There does not need to be any physical impact to the head and there does not need to be any loss of consciousness.

Immediately post – injury, the following symptoms may occur:

- Confusion / Disorientation
- Amnesia (loss of memory)
- Headache
- Dizziness / nausea
- Momentary loss of consciousness (concussion can occur without any loss of consciousness)

Subsequent post-concussion symptoms may include: tiredness (fatigue), sensitivity to light/noise, problems with memory, concentration, attention, vision, balance, mood and/or sleep. Symptoms are variable in intensity and severity, and could be associated with other medical conditions.

Where a diagnosis of concussion is considered, this 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 must be suspended and retained by the Event Secretary (or ASN Steward where appointed) and then forwarded to the Medical Department of Motorsport UK, together with a note explaining the reason for return.



## **ADULTS**

1. Upon receiving the Licence, Motorsport UK will send the Licence holder an explanatory letter confirming the fact of the Competitor's Suspension together with a pro forma for them to take to their General Practitioner (GP), or Licence medical issuing doctor. The GP (or the Licence medical issuing doctor) may complete the form no sooner than 2 weeks (14 days) after the concussive incident and must confirm the absence of any symptoms or as the case may be.
2. In all cases the Licence will be suspended for a minimum period of 3 weeks (21 days), although in some cases this may be longer.
3. Upon receipt of the pro forma certifying absence of symptoms the Licence will be returned, after the Suspension period. Any concerns should be notified to the Motorsport UK Medical Department.
4. In certain cases, the Competitor may be required to see a specialist before the Licence is reinstated.
5. It is important that the Competitor at the time of concussion diagnosis is advised not to drive any vehicle until symptoms have resolved. This will be reiterated by Motorsport UK. They should also be advised to consider discussing their employment role with either their Occupational Health Department or General Practitioner.
6. Once the Chair of the Medical Committee (and if necessary, the Motorsport UK Neurosurgical Advisor) has reviewed the report and approved the reinstatement of the Licence, the Competitor's medical suspension will be lifted and, if appropriate, the Competitor's Licence will be returned by Motorsport UK. It should be noted that all Licences remain the property of Motorsport UK.



## **YOUNG ADULTS AND CHILDREN UNDER 18Y OLD**

1. Upon receiving the Licence, Motorsport UK will send the Licence holder an explanatory letter and confirming the fact of the Competitor's Suspension. In young adults and children, the consequences of concussion can be more serious, therefore any Competitor under 18y of age will be automatically required to see a specialist in concussion approved by Motorsport UK – that is to say a Consultant Neurosurgeon, a Consultant Neurologist, or other Consultant acceptable to Motorsport UK, specialising in head injuries.
2. In all cases the Competitor will be suspended for a minimum period of 3 weeks (21 days) , although in some cases a longer period may be required.
3. Once the Chair of the Medical Committee and the Motorsport UK Neurosurgical Advisor have reviewed the report from the specialist and approved the reinstatement of the Licence, the Licence will be returned by Motorsport UK, if appropriate. It should be noted that all Licences remain the property of Motorsport UK.
4. It is important that the Competitor is advised at the diagnosis of concussion 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.



## **IN ALL CASES**

The duration of post-concussion symptoms is variable, however most cases recover within a period of 3 weeks. This policy and therefore Suspension will generally cover that period. In some cases, adults may be required to see a specialist rather than their GP, and anyone who has persistent symptoms will be required to see a specialist and the Licence will remain suspended until a satisfactory report has been approved by Motorsport UK.

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

## **Additional Resources**

UK Governmental Guidance for grassroots sport can be found at:

[https://bit.ly/UKGov\\_NonEliteSp](https://bit.ly/UKGov_NonEliteSp)

Relevant to trackside, or on-site assessment, The Sports Concussion Assessment Tool (SCAT6) can be found at:

<https://bjsm.bmj.com/content/bjsports/57/11/622.full.pdf>