

# Traumatic Brain Injury in Cycling

## Evaluation Card *for racing and training*

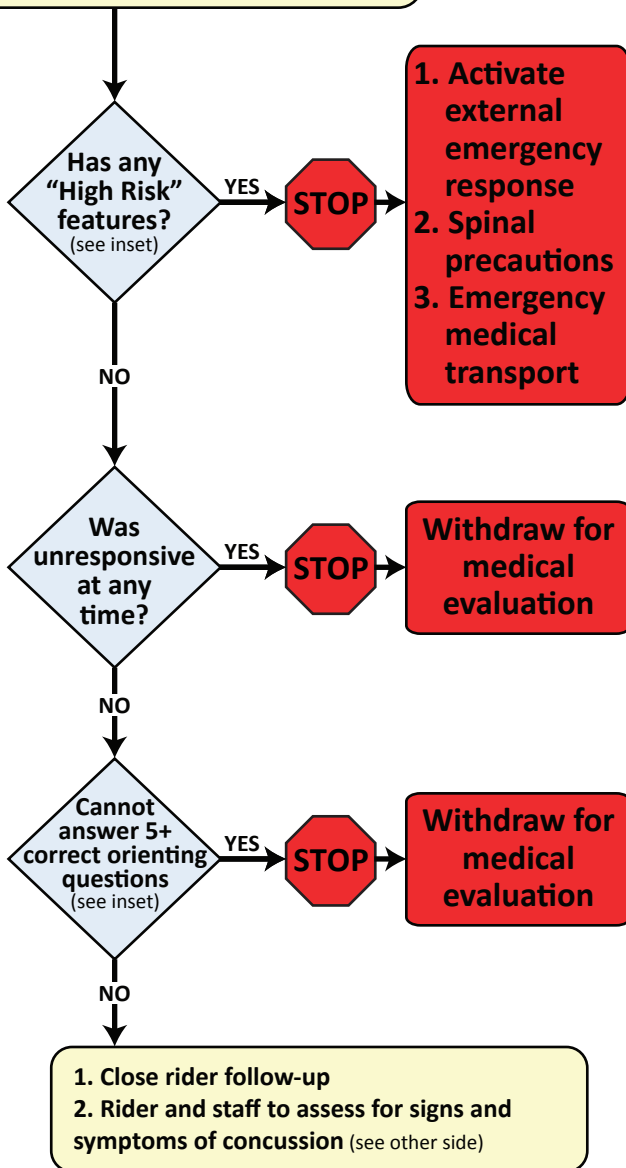
Following a crash, assess  
for the following:

### “High Risk” Features

- Significant head/neck trauma
- Seizure
- Skull fracture
- Persistent nausea/vomiting
- Severe or worsening headache
- Disorientation lasting 30 minutes or more
- Inability to speak or swallow
- New clear fluid leaking from nose or ears
- Inability to walk/ride in a straight line

### Orienting Questions

- Can you tell me how you crashed?
- What city is this?
- What lap or stage are you in?
- How far are you from the finish?
- Was there a breakaway in the race?
- What's in your jersey pockets?
- Can you name the months of the year backwards, starting with December?



# Signs and Symptoms of Concussion in Cyclists

Regardless of the cyclist's ability to continue to race or train, any athlete suspected of concussion should be observed by teammates, managers, friends and/or family for signs and symptoms of a concussion. Athletes with symptoms of concussion or other concerning changes in their health should seek medical attention and avoid activities which exacerbate these symptoms.

**Early and ongoing signs and symptoms may include, but are not limited to:**

## Physical Features

- Loss of consciousness
- Headache
- Pressure in the head
- Neck pain
- Nausea
- Vomiting
- Blurred vision
- Dizziness
- Prolonged or greater than expected fatigue

## Cognitive Features

- Confusion
- Feeling slowed down
- Sensitivity to light
- Sensitivity to noise
- Impaired balance
- Feeling in a fog
- Difficulty concentrating
- Difficulty with memory

## Behavioral Features

- More emotional
- Irritability
- Restlessness
- Drowsiness
- Sadness
- Anxiety
- Nervousness
- Sleep disturbances
- Personality changes