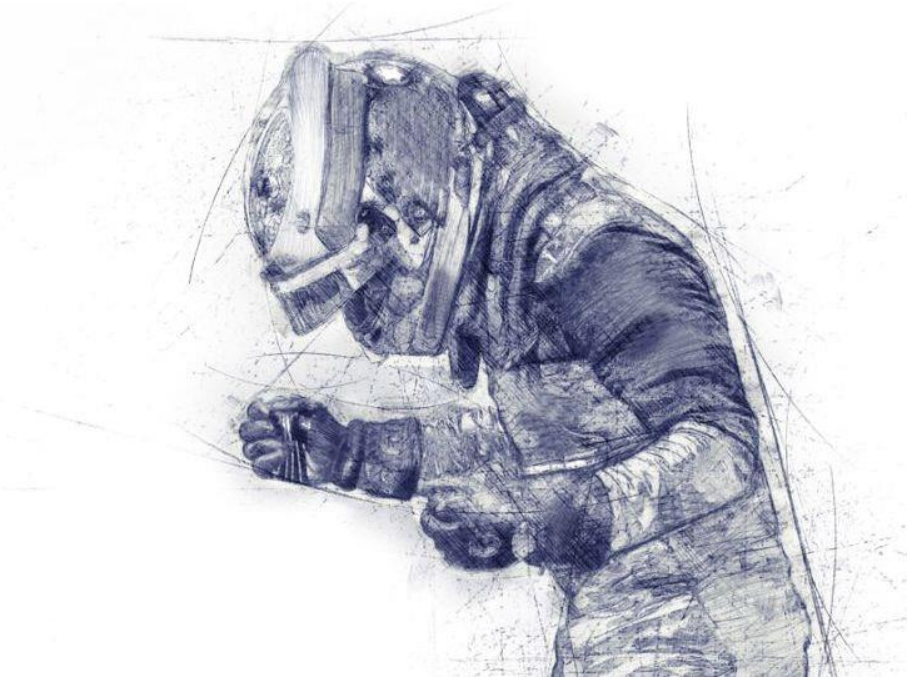




ASN Safety Bulletin #43



Safety is a top priority for the FIA and is as important at the grassroots entry point to competition as it is at the very highest levels of our sport.

Being fit to compete is very important not only for the safety of the competitors, but also for the safety of officials, volunteers, media and spectators. Therefore, in a motor sport first, the FIA has launched a new educational programme designed to raise awareness of the dangers of concussion.

Launched by FIA president, Mohammed Ben Sulayem, at the FIA 2024 Conference in Samarkand, Uzbekistan, the programme has come to life through the collaboration of the FIA Medical and Safety teams and with the support and funding from the FIA Foundation.

Concussion is a mild brain injury that needs to be taken seriously, and by educating on how to spot it, the steps to take if concussed, and how to return to racing, this knowledge sharing will help keep motor sport as safe as possible.

Signs of concussion to watch out for include:

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

Competitors with symptoms should present themselves to the medical team who will assess and advise. Remember, **if in doubt, sit out.**

On returning to racing after a concussion, international competitors should follow the regulations in **Appendix L of the FIA Sporting Code**. National competitors should follow the advice of their ASN medical department, with all competitors declaring concussion instances to the Chief Medical Officer at the start of their next race.

The educational content, created to be used across social platforms and as printable assets, is available to all Member Clubs [HERE](#). The assets will be available in any club's language of choice, reflecting the FIA's commitment to improving accessibility and inclusivity.

We encourage you to disseminate this bulletin among your motor sport community.

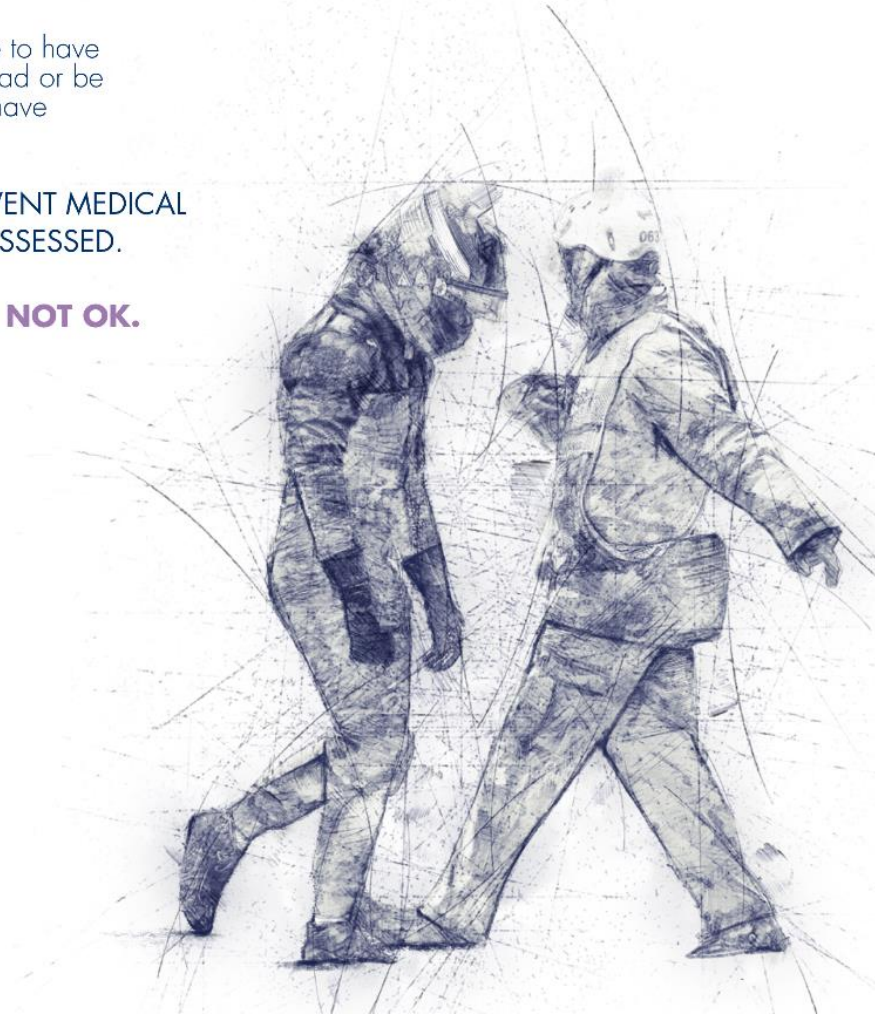
For detailed guidelines and updates, visit the fia.com Safety News web page [here](#).

WE ARE TAKING CONCUSSION IN MOTORSPORT SERIOUSLY.

You do not have to have
banged your head or be
unconscious to have
a concussion.

GO TO THE EVENT MEDICAL
STAFF TO BE ASSESSED.

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



ASSESSING FOR CONCUSSION

7 STEPS:

1. Competitor examined by medical staff if on site
2. Immediate assessment to look for red flags
3. If safe to do so, remove competitor to a quiet place for further checks
4. Use a recognised concussion assessment tool that is in use in the country of competition
5. Remind competitor the importance of being honest about their symptoms
6. Examine competitor for signs and symptoms
7. If possible, reach a diagnosis, or observe and continue to reassess



WATCH OUT FOR THESE RED FLAGS

These could be signs of
A SERIOUS HEAD INJURY:

1. SEIZURE OR CONVULSION
2. DOUBLE VISION
3. IN AND OUT OF CONSCIOUSNESS
4. VOMITING
5. INCREASING HEADACHE
6. INCREASING RESTLESS OR AGITATION
7. WEAKNESS OR SENSATION
CHANGE IN LIMBS
8. SKULL DEFORMITY



REMEMBER, HONESTY IS THE BEST POLICY

DON'T LIE ABOUT YOUR
SYMPTOMS.

IF IN DOUBT, SIT OUT.
**THERE WILL ALWAYS BE
THE NEXT RACE.**



RECOGNISING THE SIGNS OF A CONCUSSION

There is a risk of concussion if a competitor reports any of the following symptoms:

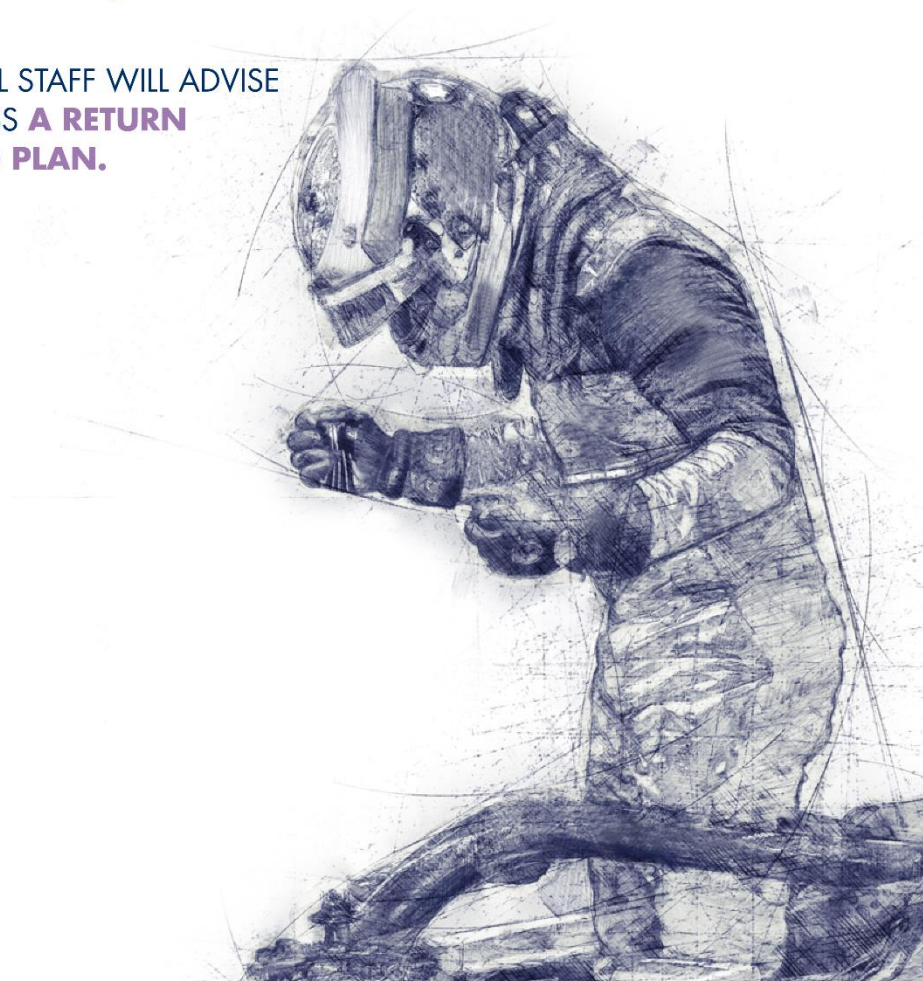
1. HEADACHE
2. NAUSEA
3. DIZZINESS
4. FATIGUE
5. PROBLEMS BALANCING
6. AMNESIA OR FORGETFULNESS
7. IRRITABILITY OR CHANGED EMOTIONAL STATE



RETURNING TO RACING

If there has been a diagnosis of concussion,

THE MEDICAL STAFF WILL ADVISE AND DISCUSS **A RETURN TO RACING PLAN.**





FIA Safety Department