**Health and Safety procedures and information for NZTSA Regattas**

**Concussion**

Concussion is a brain injury that can occur in any sport. It is caused by the impact of force to a part of the body, not necessarily the head directly. Recognising suspected concussion is everyone’s responsibility. Early recognition and removal improves outcomes.

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| **Issue** | **Prevention** | **Who responsible** |
| Hit by boom or other equipment while on water | Sailors to know how to handle fast boom changes of direction | Sailors |
| Being knocked unconscious and overboard | Having Buoyancy Aids on all sailors while afloat | Sailors and Team Managers |

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| **Physical signs** | **Emotional signs** | **Cognitive/thinking signs** | **Sleep related signs** |
| Unresponsive or unconscious – only occurs in 10-20% of cases | Irritability | Confusion | Drowsiness |
| Persistent or worsening headache | Nervous / Anxious | Disorientation | Tired / low energy |
| Nausea / vomiting | Depression | Not thinking clearly | Wanting to go to sleep |
| Dizziness | Sadness | Slow thinking |  |
| Blurred vision |  | Problems concentrating |  |
| Sensitivity to light or sound |  | Problems remembering |  |
| Poor balance |  |  |  |
| Ringing in ears |  |  |  |
| Feeling pressure on head |  |  |  |
| Seizure or convulsion |  |  |  |
| Visible injury to face or head |  |  |  |
| Neck Pain |  |  |  |
| “Don’t feel right” |  |  |  |

**Red Flags**

**Call 111 or take sailor to hospital immediately if any / or all of these occur**

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| Neck Pain / tenderness | Double Vision |
| Seizure or convulsion | Knocked out |
| Increasing confusion | Deteriorating consciousness |
| Tingling or weakness in arms or legs | Severe or increasing headache |
| Repeated Vomiting | Increasingly restless, agitated |

**Notes:**

If concussion is suspected, then remove the sailor **immediately** from the Race area and seek urgent assessment from a doctor.

Only 10% of concussions are associated with loss of consciousness.

Head Injuries can result from Whiplash as well as direct blows to the head.

Extra caution is required for adolescent sailors as they can take longer to recover.

It may take several days post injury for all the symptoms of concussion to emerge

A medical Doctor **must** provide assessment and diagnosis of concussion because the diagnosis may be difficult and relies on clinical judgement. Only they will determine **when or if** that sailor can return to sailing in the regatta. Returning to sailing can take several weeks.

**No return to sailing should happen on the day of injury**

**If in doubt sit them out.**

**Hypothermia**

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| **Issue** | **Prevention** | **Equipment reqd** | **Who Responsible** |
| Cold Weather | Advise sailors and support persons of daily weather forecast | Survival blankets on RM boats | RO |
| Lack Of clothing | Encourage use of appropriate clothing | Survival blankets on RM boats | Team managers, Sailors |
|  | Patrol Boats on water monitoring all sailors |  | RO and Chief Umpire |

**Sunstroke / Heatstroke**

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| **Issue** | **Prevention** | **Equipment reqd** | **Who responsible** |
| Fine sunny weather | Encourage use of sunscreen | Sunscreen provided by Club | Team managers, Sailors |
|  | Remind sailors to use sunscreen at daily briefings |  | RO |

**Body knocks and bleeding**

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| **Issue** | **Prevention** | **Equipment reqd** | **Who responsible** |
| Body knocks to limbs etc | Encourage care while moving around the yachts | Sailor protective clothing | Sailors |
| Cuts and bleeding | Keep limbs, particularly feet, covered while sailing | Sailor protective clothing | Sailors |

**Medical Personnel required for all SSTR regattas**

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| Any, or all, of the following should be available. |
| Notification to all Umpires and Race Management personnel on where these medical personnel will be during the regatta should be clear, including on which Radio Channel. |
| * Doctor |
| * Paramedic, St Johns Ambulance personnel |
| * Nurse |
| * First Aider |