



ROADSIDE CONCUSSION DETECTION

STEP 1: ROADSIDE ASSESSMENT

🕒 ~2min (A, B & C)

A. Observable signs

- Loss of consciousness
- Seizure or convulsion
- Vomiting

↳ If at least 1 symptom: **immediate withdrawal**

B. Looking for symptoms

- Headache and/or neck pain?
- Nausea?
- Weakness or tingling in arms or legs?

C. Testing

- How many fingers?
- Joint feet + eyes closed 5 sec. + touch the nose with the index finger

If more than 2 positive signs (in B+C)
+ distorted or broken helmet

↳ **immediate withdrawal**

**IF SPATIAL DISORIENTATION, IMMEDIATELY
CONTACT THE RACE DOCTOR.**



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STEP 2: ON-ROAD ASSESSMENT

A. Observation

Normal line on the road and balance on the bike?

- ↳ **If minor alterations: contact the race doctor, and full SCAT-5 immediately on arrival**
- ↳ **If major alterations: contact the race doctor for withdrawal**

B. Adapted Maddocks questions

1. What race are we at today?
↳ **If wrong: immediate withdrawal**
2. What day is it today?
3. How long is the race/stage?
4. How many km are left to the finish (± 10 km)?
5. What is the finish city?
↳ **If 3 answers are incorrect: immediate withdrawal**
↳ **If 2 answers are incorrect: full SCAT-5 performed immediately on arrival, by trained physician, in a distraction-free environment.**

IN ALL CASES OF SUSPICION, PRACTICE A SCAT-5

Full SCAT-5 performed after the race by a trained physician, in a distraction-free environment, to be repeated at least the next morning.

Any medically confirmed case of concussion must be officially reported within 24h to the UCI Medical Director. More information on uci.org.