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.

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

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

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 an 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 will happen within 24 hours of the injury and without a Medical Certificate.

If in doubt sit them out.

Hypothermia

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

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

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

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