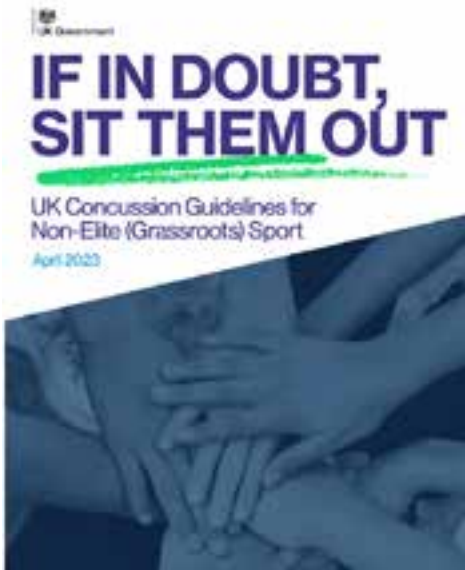


PENTATHLON GB⁺

GUIDANCE :CONCUSSION ADVICE

Pentathlon GB follow the "If in doubt, sit them out" grassroots advice for concussion.



[Concussion advice link](#)

Remember that the primary aim is to protect the individual from further injury by immediately removing them from play. Return to play should not be permitted until after evaluation by an appropriate Healthcare Professional and the successful completion of a graduated return to activity (education/work) and sport programme.

The guide provides information on what to look for, how to respond and a graduated return to play/ training. Pentathlon GB require notification of anyone suspected of concussion to provide support and share information with other sports if necessary.

Please use the [incident form](#) and email to safeguarding@pentathlongb.org

Please promote this advice via your club/hub websites and social media to provide advice to athletes and parents.

If you need further advice on coaching an under 18-year-old on a 1 to 1 basis, contact the Safeguarding and Welfare Lead.