

River Valley Riders

Seizure Protocol



1. Remain calm.
2. Stay with the rider. Begin timing the seizure. Instruct someone to notify instructor and parent/caregiver on site.
3. Prevent injury.
 - a. Notify leader to stop the horse. Carefully lower the rider to ground.
 - b. Place padding under the rider's head (horse pad, coat, sweatshirt).
 - c. Keep other riders and horses away. May have to halt class.
 - d. Put nothing in the rider's mouth (do not use any kind of bite block).
 - e. Do not restrain extremities. Protect the rider from becoming hurt, but do not hold down.
4. Prevent aspiration or suffocation.
 - a. Turn the rider on side, head back and face downward so saliva and/or vomit can drain. If the rider vomits, observe carefully for it being aspirated (sucked back in).
 - b. Loosen tight clothing (belts, tight collars).
 - c. **Call 911** if any signs of obstructed airway: gurgling or "crowing" respirations; cyanosis (bluish discoloration of the skin) remain after seizure is over; struggling or gasping for air after seizure.
 - d. **Call 911** if grand mal type seizure lasts over 5 minutes or if there are multiple seizures.
 - e. Remember, there is a normal period of apnea (suspended breathing) at the onset of a grand mal seizure. You may see cyanosis (bluish discoloration of the skin). When you notice the breathing has stopped, start counting off the seconds OUT LOUD. It is probably not as long as it may seem. Breathing usually resumes in about one minute.
 - f. There may be a change in the level of consciousness. There is a normal period after a grand mal seizure called the postictal stage. During this time there may be confusion, lethargy or sleeping. Less common is a period of hyperactivity. This postictal stage can last from a few minutes to over an hour. There will then be a gradual return to pre-seizure consciousness.
5. Things to observe and document about incident:
 - a. What kind of body movements did the rider make during the seizure?
 - b. Did the rider collapse or remain sitting up/standing?
 - c. Did the color of the rider's face change?
 - d. Overall, how did the rider look?
 - e. How long did the seizure last?
 - f. What happened after the seizure?
 - g. Was there a period of apnea (suspended breathing)? How long?
 - h. Did the rider vomit? Aspirate?
 - i. Did the rider hit their head on hard object during seizure?
 - j. Fill out the RVR accident/incident form.