

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.