



Information for Doctors about the RDA Medical Consent Form

Riding for the Disabled Association is a not for profit organisation providing a range of equestrian activities for people of all ages with a disability. RDA has a duty of care to all participants and as part of that duty each participant must complete a Medical Consent Form as part of the registration process. The form supplies the necessary information for RDA qualified coaches to prepare a safe, effective and progressive program based on the individual needs of the participant.

This form is to be completed by a Medical Practitioner who has knowledge of the participant and their disability. Parents/participants should advise the RDA coach if a person's medical condition changes in the future. This includes surgery or a change in their diagnosis. The RDA Centre may request a review of the Medical Consent Form every three years UNLESS the Doctor specifies that the medical condition is stable and unlikely to deteriorate or change.

Contra-indications for Riding

The following medical conditions are identified as high risk for people involved in horse riding and horse related activities. RDA Australia is committed to providing the safest possible service to our participants and we are unable to do this for people with the following diagnosed conditions:

- Atlanto Axial Instability (unstable neck and/or spine)
- Hemophilia
- Any condition that causes a higher risk of fractures such as:
 - o Osteo Genesis Imperfecta (OGI)
 - o Brittle Bones
 - o Severe Osteoporosis
 - o Any other pathological fractures
- Uncontrolled Tonic Clonic seizures
- Unstable spine with high risk of neurological damage or subluxation

If the participant has any of these conditions, please make the form in Section 2. No other responses are required in the form.

The following conditions MAY have implications for riding:

- Conditions where sitting astride a horse may cause pain or hip dislocation.
- Conditions where joints may not sustain repetitive movements.
- Severe allergies or asthma that may cause anaphylaxis reaction (dust, pollen or animal hair).
- Spinal fusion with internal fixations.

RDA coaches receive training in specific and general medical conditions, horse management, and how to cater for a participants needs through adaptive coaching methods and use of modified equipment including hoists and mobility ramps. Many also have additional qualifications in special education, physiotherapy and other para-medical fields. They also rely on the doctor's opinion and disclosure of any medical conditions that should be considered for involvement with horse riding and/or horse related activities. Please complete the attached form to assist us with the safe preparation and delivery of an RDA program.

The disability information contained in this form is forwarded to State & National Offices for annual survey purposes, but is not used for any other purpose. The Medical Consent Form is a confidential document which is held in secure conditions by the RDA Centre and is accessible only to the RDA Coaches and authorised officers for the purpose of developing suitable RDA programs and activities. The form may be access by the participant, parent/guardian at their request.

Form may be returned if compulsory questions are missed or insufficient information is completed. This may delay the commencement of the participant in an RDA program.



Riding for the Disabled Association of Australia Limited

Developing ability and enriching lives



Managing Specific Conditions in the RDA Program

Atlanto Axial Instability (AAI) / Down Syndrome

AAI is the instability, subluxation or dislocation of the joint between the first and second cervical vertebrae. This is a potentially life-threatening condition common to Down Syndrome. Specific X-rays may be needed to rule out this instability before riding is permitted. Groups or physicians should not rely on X-rays taken before the age of 3 years (even up to 5 years) as the area involved has not ossified at this early age. Films obtained just prior to riding are advisable. RDA Australia recommends that all riders with Down Syndrome be examined by a physician who is briefed on the nature of AAI before completing the RDA Medical Consent Form.

Pre-cautions for participants with Down Syndrome

Excessive head and neck movement during riding could cause repeated small injuries to the cervical spine. This in turn could lead to increased instability of the head and neck and pressure symptoms could occur. If a rider were to fall from a horse, which can occur even though all precautions are taken, and AAI is present, severe damage to the spinal cord or death could occur. All riders with Down Syndrome are strongly recommended to have a full assessment before commencing riding. If riding is approved by a physician, parents/riders must report any neurological symptoms if they occur e.g. headaches, dizziness, nausea in motion, blurry eyes, loss of head control, loss of hand control, change of gait, bladder or bowel function and these should be investigated by your doctor before riding continues. RDA Coaches will monitor the amount of head movement and neck stability during riding and will adapt activities until muscles develop to appropriately support the head and neck.

Pre-cautions for participants with Scoliosis

Scoliosis is a lateral curvature of the spine with a rotatory component. An Orthopaedic Surgeon should provide information about the degree and location of the scoliosis. When the mobility of the spine is an issue, the physician needs to evaluate the spine to determine if there is enough functional mobility to ride a horse. If there is insufficient flexibility in the spine to accommodate the movement of the horse, the physician should indicate that RIDING IS NOT RECOMMENDED. If riding is approved by a physician, RDA Coaches will attempt to provide as centred, and balanced position on the horse as is possible to assist with the improvement of core strength and muscle development to support the spine.

Pre-cautions for participants with Epilepsy

RDA can cater programs for participants with Absence and/or Partial Seizures by providing additional support structures. Participants with a history of Tonic Clonic Seizures should have their condition controlled by medication before participating in RDA programs. In the unexpected event that a participant experiences a seizure during the RDA program, RDA coaches and volunteers are trained in emergency dismount procedures and seizure management. Participants should not participate in horse related activities if they have suffered a Tonic Clonic seizure within the past 24 hours.

This Information Sheet will also be made available on the RDA website www.rda.org.au.

Acknowledgements: The RDA Medical Consent Form is developed through the collaboration of the National Program Delivery Delegates which included expertise from RDA Level 2 Coaches, physiotherapists and occupational therapists. Dr. Brian Morrow and his wife Heather (WA) provided invaluable assistance to the preparation of the form, their medical and parental knowledge of disabilities and the information required by coaches has we feel lead to a user friendly form being developed that will provide centres will valuable information.

Dr. Brian Morrow
MB, BCh, Dip ICM, Ma Med Eth & Law, FCICM .
Parents of Maeve, autism, intellectual disability, epilepsy, hypermobility issues in some joints, poor tone in hands.

Heather Morrow
RGN, Dip Pharm, Dip Coronary Care Nursing (ret'd).



Riding for the Disabled Association of Australia Ltd.
MEDICAL PRACTITIONER CONSENT FORM

Section A – PERSONAL DETAILS (may be completed by doctor or the participant – all are required fields)

First name:	Surname:
Preferred name:	
Date of birth:	Gender:
Height:	Weight:
DOCTOR DETAILS	
Doctor's Name:	
Address:	
Phone number:	

Remainder of form to be completed and signed by Medical Practitioner

Section B – CONTRA INDICATIONS

Please see the Information for Doctors sheet. Does the participant have any of the identified contra-indications:

<input type="checkbox"/> Atlanto Axial Instability	<input type="checkbox"/> Hemophilia	<input type="checkbox"/> Uncontrolled Tonic Clonic Seizures
<input type="checkbox"/> Osteo Genesis Imperfecta (OGI)	<input type="checkbox"/> Brittle Bones	<input type="checkbox"/> Unstable spine with high risk of neurological damage or subluxation
<input type="checkbox"/> Severe Osteoporosis	<input type="checkbox"/> Any other pathological fractures	

If YES is ticked for any of the above conditions, activities with horses are not suitable. There is no need to complete any other section. Please progress to signature at the end of the document.

Section C – MEDICAL CONDITION and IMPLICATIONS

Full nature of medical diagnosis (please include secondary conditions e.g. diabetes):

Does the participant have any of the following? *Please circle your answers below.*

Impaired hearing	YES / NO	Impaired vision	YES / NO
Impaired speech	YES / NO	Fainting turns	YES / NO
Impaired balance	YES / NO	Respiratory conditions	YES / NO
Impaired Bladder / Bowel control	YES / NO	Inflammation or pain in joints	YES / NO
Heart Conditions	YES / NO	<i>Please comment on the participants likely response to exercise:</i>	
Drainage devices <i>(shunt, gastronomy, colostomy, feeding button etc)</i>	YES / NO	<i>Type of drainage device:</i>	
Changed muscle tone	YES / NO	<i>Please comment on which muscles groups are affected:</i>	
Impaired circulation/pressure sores	YES / NO	<i>If yes, we can assist with a sheepskin pad. Is this recommended? YES</i>	
Use of splints, braces (external), prostheses	YES / NO	<i>Type and limb(s) affected:</i>	
Scoliosis	YES / NO	<i>Please comment on the degree and location of the scoliosis:</i>	

PLEASE NOTE: The spine should have enough flexibility to accommodate the movement of the horse. If not, please mark in Section B.

