



Epilepsy risk assessment for groups

Completed By:

Please print Name:	Job Role:	Signature:	Date Undertaken:

Date Reviewed:

Participant/ Volunteer information:

Forename:		Surname:	
DOB:			
Address		Telephone number	
Emergency contact:		Telephone Number:	
GP name		GP Number	
GP Adress			
Medication			

Guideline for completing:

Risk is an inherent factor in managing epilepsy, especially within a riding environment. For coaches, understanding these risks is crucial to creating a safe and supportive atmosphere for riders with epilepsy. Risks associated with seizures vary depending on each individual's type of epilepsy, what typically occurs during a seizure, and the individual's recovery process post-seizure.

In equestrian coaching, managing risk for riders with epilepsy involves reducing the likelihood of a seizure happening during riding, minimizing the potential impact of a seizure should it occur, and being prepared for any consequences. For riders/drivers with Refractory Epilepsy, where seizures are more frequent and less responsive to treatment, the risk of injury is higher, necessitating additional precautions to reduce potential harm.

Identifying and mitigating potential hazards in the environment you use, such as stable areas, mounting and dismounting points, and even specific areas on trails or in the arena, ensures that all reasonable steps have been taken to manage these risks. Equestrian activities pose unique considerations for safety, and addressing these proactively is essential to supporting riders with epilepsy.

Each person with epilepsy is affected differently, and riders with additional learning disabilities face similar risks as those within the broader epileptic population. It's essential to strike a balance between providing adequate safety measures and not overly restricting a rider's participation and independence. Some riders may prefer fewer safety restrictions, and this assessment tool allows coaches to present potential risks clearly, enabling riders and their guardians to make informed decisions.

This tool assists coaches/ volunteers by organising relevant information, assessing individual risks, and allowing for tailored action to either minimize potential impact or reduce the likelihood of seizures. By understanding these risks, coaches can create safer, more inclusive experiences for all.

Risk Factors

In this section, identify any risks linked to the task by following the guide below. Use a scoring system of high, medium, or low to decide the level of risk.

Identify Risks: List any possible risks involved with the task, using the risk factors from the prompt sheet as a guide.

Assess Risks: For each risk identified, consider how suitable it is for the person or task and how big of an impact it could have.

Score the Risk: Based on your assessment, score each risk as high, medium, or low.

Use these guidelines to make your assessment clear, practical, and focused on ensuring safety and suitability for everyone involved.

There is a definite risk/ danger to the person/ others	At last once a week	High
There is a probable risk/ danger to the person/ others	At least once a month	Medium
There is a possible risk/ danger to the person/ others	At least yearly	Low

1 . Influences on Seizure Threshold

Points to consider:

Seizure frequency, contraindications, individual triggers such as lights, temperature /infection, constipation etc. (need for further recordings)

Identified Risk Factor	Degree of Risk			Notes on Action to manage Ris
	Low	Medium	High	

2. Activity

Points to consider:

- Level of independence
- Access issues, steps
- Any other dangers e.g. ponds

Identified Risk Factor	Degree of Risk			Notes on Action to manage Ris
	Low	Medium	High	

3. Individual Needs

Points to consider:

- Recognition of seizure onset, non-epileptic events, choking, cyanosis, protective headwear, level of support needed.
- Lifestyle issues and choices

Identified Risk Factor	Degree of Risk			Notes on Action to manage Ris
	Low	Medium	High	