

# Information Sheet for Athletes with Recent Injury to the Head

Date: \_\_\_\_\_

Time of Injury: \_\_\_\_\_

Today \_\_\_\_\_ received a blow to the head and may have sustained a head injury. I have advised him / her to:

**Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.**

## Signs to watch for

Problems could arise over the first 24 – 48 hours. The athlete should not be left alone and must go to a hospital at once if they:

- Have a headache that gets worse
- Are very drowsy or can't be awakened
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet; have slurred speech

**Remember, it is better to be safe.**

**Consult your doctor after a suspected concussion.**

1. Have someone check on you at regular intervals over the next 12 hours to check if any of the symptoms listed above have developed
2. For the next 48 hours:
  - Rest (physically and mentally), including training or playing sports until symptoms resolve and you are medically cleared
  - No alcohol
  - No prescription or non-prescription drugs without medical supervision.  
Specifically:
    - No sleeping tablets
    - Do not use aspirin, anti-inflammatory medication or sedating pain killers
  - Do not drive until medically cleared
3. **Do not return to any form of exercise until medical clearance has been received**

Sports Trainer: \_\_\_\_\_

Level 1  Level 2

Signature: \_\_\_\_\_