

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: _____