

Information Sheet for Athletes with Possible Internal Trunk Injury

Date: _____

Time of Injury: _____

Today _____ sustained a blow to the trunk that may have caused internal damage. I have advised him / her that if any of the symptoms listed below persist, they should seek medical attention:

Signs to watch for

If any of the following occur in the next 24 hours, immediately seek medical attention

- Blood in the urine or faeces
- Coughing or vomiting blood
- Dizziness
- Disorientation
- Cold clammy skin
- Weak rapid pulse
- Increase in pain in area of injury
- Increased difficulty in breathing

Do not return to any form of exercise until you have received a medical clearance.

Remember, it is better to be safe.

Sports Trainer: _____

Level 1

Level

Signature: _____