**Parents’ Advice following Head Injury/Concussion during training or match**

**Dear Parent Date**

**Following a head injury to your child……………………… where a concussion has been suspected or diagnosed, we request that you get your child assessed by your Doctor.**

**Any player who has suffered or is suspected to have suffered from a concussion will not be allowed to return to contact sport for a minimum of 21 days.**

**As a club, the welfare of your child is our utmost priority and we follow the IRB Graduated Return To Play protocol. The Graduated Return to Play protocol closely monitors symptoms and tracks a players return to sport. At any stage, if a player complains of or demonstrates any symptoms, we ask that they are assessed by their Doctor.**

**Before returning to contact sport, we ask for the player to be assessed by your Doctor to ensure that they are fit to return to playing. Your coach will manage their progression back into contact sport.**

**We also request that you inform school and any other sports clubs that your child is a member of that they have suffered from a concussion/suspected concussion.**

**The following is head injury advice taken from the NHS Choices website.**

**Symptoms of a minor head injury**

**Minor head injuries often cause a bump or bruise. As long as the person is conscious (awake), with no deep cuts, there is unlikely to have been any damage to the brain.**

Other symptoms of a minor head injury may include:

* nausea (feeling sick) mild headache
* tender bruising or mild swelling of the scalp mild dizziness

If you or your child experiences these mild symptoms after a knock, bump or blow to the head, you do not require any specific treatment.

**Close observation**

If your child has sustained a head injury, observe them closely for 48 hours to monitor whether their symptoms change or worsen. If you have sustained a head injury, ask a friend or family member to stay with you for the following 48 hours to keep an eye on you.

If your child has a minor head injury, they may cry or be distressed. This is normal and, with attention and reassurance, most children will settle down. However, seek medical assistance if your child continues to be distressed.

**Serious symptoms**

If, following a knock to the head, you notice any of the symptoms below in either you or your child, seek immediate medical assistance:

* unconsciousness (either very briefly or for a longer period of time)
* difficulty staying awake or still being sleepy several hours after the injury
* having a seizure or fit (when your body suddenly moves uncontrollably)
* difficulty speaking, such as slurred speech
* vision problems or double vision
* difficulty understanding what people say
* reading or writing problems
* balance problems or difficulty walking
* loss of power in part of the body, such as weakness in an arm or leg
* amnesia (memory loss), such as not being able to remember what happened before or after the injury
* clear fluid leaking from the nose or ears (this could be cerebrospinal fluid, which normally surrounds the brain)
* a black eye (with no other damage around the eye)
* bleeding from one or both ears
* new deafness (loss of hearing) in one or both ears
* bruising behind one or both ears
* a lasting headache since the injury
* vomiting since the injury
* irritability or unusual behaviour
* visible trauma (damage) to the head, such as an open, bleeding wound

If any of these symptoms are present, particularly a loss of consciousness (even if only for a short period of time), go immediately to the accident and emergency (A&E) department of your local hospital or call 999 and ask for an ambulance