



Head Injury Advice

It is normal after a head injury to experience the following symptoms over the next few days.

- **Mild headache.** It is safe to take a painkiller such as paracetamol. (Please see the instructions on the packet for advice about how much to take and how often.);
- **Feeling sick (without vomiting) or not feeling hungry.** This can be helped by drinking clear fluids (such as water) and avoiding drinking alcohol;
- **Difficulty concentrating;**
- **Feeling more tired, which might then make you irritable or anxious.**

These symptoms should disappear over the next two weeks. However, if they don't or you are concerned about how you are feeling, **please see your GP as soon as you possibly can!**

Head Injury Advice Continued

Please seek further medical attention if you have the following symptoms:

- Severe or worsening headache (a mild headache is normal after a head injury);
- Vomiting (being sick);
- Confusion or feeling unusually sleepy;
- Fits (collapsing or passing out suddenly);
- Any change to your eyesight;
- Dizziness or lack of co-ordination;
- Weakness in one or both of your arms or legs;
- Clear fluid or blood coming out of your ears or nose;
- New deafness in one or both ears
- Inability to remember what has happened (amnesia).

The following are details of the responsible person who will supervise _____ from the _____ Boxing Club, following his/her participation on _____ in the BSL Club/District/National event, the _____:

Parent/Carer/Other: _____

Name: _____

Signed: _____

Address: _____

Email: _____

Phone: _____

Boxer Print Name: _____

Boxer Signature: _____