

## Aberdeen Wanderers RFC (Youth Section)

### Head Injury Advice

Dear parent / guardian,

This player has received an injury to the head. A careful medical examination and assessment has been carried out and no obvious sign of any serious complications has been found. It is expected that recovery will be rapid, but in such cases it is not always possible to be quite certain.

Please take the player to the nearest A&E department for a check up, together with this note.

You should be alert to any change in behaviour, also any vomiting, dizziness, headache, double vision, memory loss or excessive drowsiness.

Do not administer any painkillers.

Do not leave the player unattended, as symptoms can appear several hours after the event.

If aged 17+, the player should not drive any vehicle until they have fully recovered.

**\*\*Please write and inform the player's school, including the P.E. Department, that the player must not take part in any sporting activity for two weeks from the date of the concussion.**

Player's name:

Date and time of injury:

First aider:

## Aberdeen Wanderers RFC (Seniors)

### Head Injury Advice

This player has received an injury to the head. A careful medical examination and assessment has been carried out and no obvious sign of any serious complications has been found. It is expected that recovery will be rapid, but in such cases it is not always possible to be quite certain.

**\*\*If you notice any change in behaviour, vomiting, dizziness, headache, double vision, memory loss or excessive drowsiness, please take the player to the nearest A&E department immediately, together with this note.**

The player should not be left unattended for the first 48 hours after the injury, as symptoms can appear several hours after the event.

#### Other important points:

No alcohol

No painkillers

No driving until the player feels that he has completely recovered.

Player 's name:

Date and time of injury:

First aider: