



# Head Injury Notification

If a player sustains an injury to the head and does not display the signs and symptoms of concussion immediately, it is advisable to give this Card to the player's parents, relatives or another person who will be with this player for at least 24 hours.

Name: .....Age: .....

sustained a head injury at (venue) .....

on (date) .....at (time) .....

**Important Warning: The injured player must be taken to a hospital or doctor immediately if he: (circle sign or symptom and give this form to the doctor)**

- » Is nauseous (feels sick)
- » Vomits
- » Develops a headache that could increase in severity
- » Becomes restless/irritable or irrational
- » Becomes dizzy, drowsy or cannot be roused
- » Develops visual disturbances (eg. double or blurred vision)
- » Has a fit
- » Becomes confused or disoriented
- » Anything else unusual occurs

**If any of the above occur, it is advisable to call an Ambulance.**

For 24 hours he should:

- » Rest quietly
- » Not consume alcohol
- » Not consume stimulants eg. tea, coffee, cola drinks
- » Not consume pain killers eg. aspirin, etc.
- » Not drive a vehicle

He should not resume training without medical clearance by a doctor.

NRL Accredited Sports Trainer (name) .....

NRL ID No.: .....