



CHELMSFORD HOCKEY CLUB

JUNIOR SECTION

HEAD INJURY INCIDENT REPORT FORM

Name and location of facility			
Full name of coach supervising the session			
Full name of injured person			
Age of the injured person			
Date of incident		Time of incident	

The person named above received a head injury during a Chelmsford Hockey Club activity. A club first aider or senior club official has treated him/her, however you are advised to look for signs of any new symptoms that may occur during the next 24 hours. It is vital that a reliable adult observes the patient during that time.

SYMPTOMS

Some/all of the following symptoms are common following a head injury. They will usually settle down after a few days, but if concerned seek medical advice from your GP or telephone NHS 111 on 111.

1. Intermittent headache relieved by painkillers
2. Nausea but not vomiting
3. Loss of concentration
4. Mood changes

FURTHER INFORMATION

The following advice is also provided by NHS Trust:

- After receiving a head injury, the injured person may eat or drink normally, but it is better to avoid alcohol and physical exertion for the next couple of days.
- A headache can be treated with paracetamol or similar mild painkiller, but the stated dose must not be exceeded.
- It is safe to take any other regular prescribed medicine, but if there are any concerns discuss them with your doctor.

If any of the following symptoms develop, go to your local A&E Department immediately.

1. Vomiting more than once
2. Worsening headache not relieved by painkillers
3. Weakness or loss of feeling in any part of the body
4. Increasing drowsiness
5. Fitting or convulsions
6. Persistent disturbances in vision
7. Bleeding or watery discharge from the nose or ear that was not present before the injury
8. Confusion or speech disturbances