



## RCC Guidance for Adults and Children with suspected head injuries

It is RCC Policy that any player with a suspected head injury must be monitored both on and off the field, the player should not leave the ground without being provided with a copy of the head injury advice detailed below.

**Name of person with suspected head injury –**

**Date –**

**Time -**

**Were they wearing a helmet Yes / No**

*If YES the helmet must be checked and authorised as safe by an expert or a new helmet purchased for play*

**Brief description of incident -**

(to be completed by coach/first aider/umpire or similar)

### Head injury advice – adults

If the player has sustained a head injury but no serious complications have initially been found, they are able to return home. However, monitoring of symptoms must continue.

Points to be followed:

- Rest (physically and mentally) includes both training and playing sports – this must be avoided until all symptoms are resolved and you are medically cleared
- No alcohol consumption
- No prescription or non-prescription drugs to be taken without medical supervision – in particular sleeping tablets, anti-inflammatory medication or sedating painkillers must be avoided,
- Do not drive until medically cleared
- Make sure you have someone to stay with you for the first 48 hours after the injury – this is in case you experience more serious follow-up symptoms

If any changes in behaviour or worsening of symptoms are observed, such as

- unconsciousness or lack of consciousness, such as problems keeping your eyes open
- mental confusion, such as forgetting who or where you are
- any drowsiness that goes on for longer than one hour when you would normally be wide awake
- any problems understanding or speaking
- any loss of balance or problems walking
- any weakness in one or both arms or legs
- any problems with eyesight
- a very painful headache that will not go away
- any vomiting
- any fits or seizures
- clear fluid coming out of the ear or nose
- bleeding from one or both ears
- sudden deafness in one or both ears
- speech problems

**Please visit the nearest hospital accident and emergency department immediately.**

**Adult players are themselves responsible for following a specific programme of ‘graded return for adults with head injuries’ when returning to playing cricket.**



## RCC Guidance for Adults and Children with suspected head injuries

**Head injury advice – children and adolescents** Please inform the coach your child has potentially suffered such an injury on their next attendance at the club for playing or training purposes and be advised you are giving informed consent for their return to play by attending the sessions.

Children's/adolescents' (five to 19 years) brains are still developing and as such, all children and adolescents require additional caution in the management of head injuries.

In the event that a child/adolescent player has sustained a head injury but has been assessed and is considered well enough to return home, they must continue to be monitored for symptoms.

Points to be followed:

- Rest (physically and mentally)
- No prescription or non-prescription drugs to be taken without medical supervision – in particular sleeping tablets, anti-inflammatory medication or sedating painkillers must be avoided,
- Make sure someone stays with the child/adolescent for the first 48 hours after the injury – this is in case more serious follow-up symptoms develop.

Sometimes the symptoms of a more serious brain injury do not occur for several hours, or possibly days, after the initial injury has taken place. This means it's important that you remain alert for signs and symptoms that could suggest a more serious injury has occurred. If any of the following symptoms do return, **please visit your nearest hospital accident and emergency department immediately.**

What to look out for:

- unconsciousness or lack of consciousness, such as problems keeping your eyes open
- mental confusion, such as forgetting who or where you are
- any drowsiness that goes on for longer than one hour when you would normally be wide awake
- any problems understanding or speaking
- any loss of balance or problems walking
- any weakness in one or both arms or legs
- any problems with eyesight
- a very painful headache that will not go away
- any vomiting
- any fits or seizures
- clear fluid coming out of the ear or nose
- bleeding from one or both ears
- sudden deafness in one or both ears
- speech problems

Your child might continue to experience some predictable symptoms two to three days after head injury. **However, if you are concerned about any of these symptoms you should immediately take your child to A&E.**

**To aid your child's recovery, they should follow a specific programme of 'graded return for children with head injuries' when returning to playing cricket.**