



FIG - Concussion Injury Advice Sheet

(To be given to the person monitoring the concussed athlete)

This gymnast has received an injury to the head. A careful medical examination has been carried out and no sign of any serious complications has been found.

This gymnast will need monitoring for a further period by a responsible adult. The treating medical practitioner will provide guidance as to how long this timeframe should be.

If you notice any change in behaviour, vomiting, worsening headache, double vision, seizure, or excessive drowsiness, please telephone your medical practitioner or the nearest hospital emergency department immediately.

Other important points:

1. Relative rest, which includes activities of daily living and reduced screen time, is recommended immediately and for up to the first 2 days after injury. Individuals can return to light-intensity physical activity (PA), such as walking that does not more than mildly exacerbate symptoms, during the initial 24–48 hours following a concussion.
2. Avoid alcohol.
3. Avoid prescription or non-prescription drugs without medical supervision.
Specifically:
 - a. Avoid sleeping tablets
 - b. Do not use aspirin, anti-inflammatory medication or stronger pain medications such as narcotics
 - c. If you take prescription medications, discuss with your doctor if these should be continued while you recover
4. Do NOT drive until cleared by a medical professional.
5. Return to training and/or gymnastics requires clearance by a healthcare professional.

ATHLETE NAME:

Date / time of injury:

Date / time of medical review:

Healthcare provider:

Clinic phone number:

Other contact details: