



Glasgow Lions Touch Rugby Club

Concussion Information Card

PLAYER INFORMATION CARD

This player has received an injury to the head.

It is expected that recovery will be rapid, but you will need monitoring for a further period by a responsible adult.

If you notice any change in behaviour, vomiting, dizziness, worsening headache, double vision or excessive drowsiness, please go to the nearest hospital emergency department immediately.

Other important points:

- **Rest and avoid strenuous activity for at least 7 days and then seek advice about a gradual return to play protocol.**
- **If this is a second concussion within 12 months or history of multiple concussion you must be assessed and managed by a medical professional with experience in sports related concussion.**
- **No alcohol**
- **No sleeping tablets**
- **Use paracetamol or codeine for headache. Do not use aspirin or anti-inflammatory medication**
- **Do not drive until medically cleared**
- **Do not train or play sport until medically cleared**