



# Guidance Note to Instructors/Coaches for Managing and Reporting of Head Injuries

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Contacts: [membership.services@britishtaekwondo.org](mailto:membership.services@britishtaekwondo.org)

## What are Head Injuries?

In a WT competition and training a normal touch kick to a head guard will have no effect and sparring will continue without stopping, however, if any strike to the head **causes a player to stop, or to stagger or to be rendered unconscious** then they have sustained a 'Head Injury'.

Similarly, in a BT Class or Club, without Head Guards, a member can likewise sustain an accidental Head Injury or they may be stunned or shocked by the strike. Again, if any strike to the head **causes a player to stop, or to stagger or to be rendered unconscious** then they have sustained a 'Head Injury'.

Resulting injuries from a Head Injury are therefore: -

- **Unconsciousness – for any length of time**
- **Concussion causing abnormal or unusual reactions/symptoms**
- **Head damage due to the blow but remain fully aware**

As the NGB for WT Taekwondo we have to legislate for all types of Head Injury occurrences in the UK and include those to Children who are not covered by WT Rules/Codes.

## The Head Injury Warning Notice Process

**A Head Injury Warning Notice must be issued by the Instructor/Coach immediately following any significant head injury. It covers the first 48 Hours (2 Days) of the Injury process which is normally the most critical.**

The Notice will alert the injured (or potentially injured) person/parents of potential side effects of that injury.

If the person is **under 18 years then the note must be given to their parent or guardian.**

To ensure that this message has been delivered the Coach/Instructor should make a **follow up call or visit within 24 hours** to ensure the member is well and the parent or guardian is aware of the issue.

The Coach/Instructor should ensure that the member does not spar/compete/train again for the **48hours** (even if there are no follow-on effects).

**If the player/member was unconscious for any length of time then it is mandatory to visit a GP or A&E Department as soon as possible.**

After the first 48 hours (2 Days) the Instructor/Coach must make a judgement for the recovery of the member/player based on their best interests, their age, any ongoing symptoms and the applicable event rules so as to determine: -

- a) **The correct suspension period (Day 3 to Day X)**
- b) **The GRTP dates (over 8 Days)**
- c) **The Return to full training date.**

### Suspension Periods

Reference should be made to the BT H&S Policy and Procedures document to enable the Instructor/Coach to correctly determine the appropriate Suspension Period.

Suspension Periods are briefly summarised below where-

**A = Unconscious for any length of time**

**B = Suspected Concussion symptoms**

**C = Strong Hit to the Head with No Concussion or Confusion**

	Age	A	B	C
<b>WT or BT Suspension Periods:</b>	17 Yrs. +	Day 3 to 22	Day 3 to 22	
<b>Means: Rest with no physical activity and reduced cognitive load (TV/Reading)</b>	15-16 Yrs.	Day 3 to 37	Day 3 to 37	Day 3 to 15
	<14 Yrs.	Day 3 to 52	Day 3 to 52	

This information must be immediately advised to BT Membership Services to ensure they are picked up in event audits.

**Failure to adhere to the suspension period will result in disciplinary action against the Coach and the Member**

## BRITISH TAEKWONDO: HEAD INJURY WARNING NOTICE

**GIVE THIS NOTICE TO THE INJURED PERSON OR IF UNDER 18, TO THE PARENT OR GUARDIAN**

**TAKE TO THE DOCTOR OR HOSPITAL AS DIRECTED BELOW**

Injured Member Name	
Date of Birth / Age	/
Injury sustained	
Date and Time of Injury	
First Aid Administered at scene	
Advice given to injured party	

**Unconscious for any length of time**

**Visit A&E / GP urgently**

**Must not be alone for 24 Hours**

**Do not Drive**

**Do not drink Alcohol or take any type of recreational drugs**

**Avoid prescription or non-prescription drugs without medical supervision – specifically: -**

- Sleeping Tablets
- Aspirin OR Strong Pain Killers
- Anti-inflammatory medication

**Red Flag Symptoms:**

**If any of these symptoms show then the injured party must visit A&E/GP URGENTLY!**

**Athlete complains of neck pain**

**Increasing confusion or irritability**

**Repeated vomiting**

**Seizure or convulsion**

**Weakness/tingling/burning in arms or legs**

**Deteriorating conscious state**

**Severe or increasing headache**

**Unusual behaviour change**

**Double vision**

**Instructor/Coach/Medic Name:**

**Mobile No:**

**Email:**

**BT Club Name/Number:**

**Date and Time of Report:**

**The person issuing this Head Injury Notice (above) must advise BT [Membership.Services@britishtaekwondo.org](mailto:Membership.Services@britishtaekwondo.org) within 24 hours of the injury - stating details of the injured member (as above in grayscale) plus any suspension given.**

## BRITISH TAEKWONDO: HEAD INJURY RETURN TO PLAY/TRAINING

**To BE AGREED WITH THE INJURED PERSON OR IF UNDER 18, THE PARENT OR GUARDIAN**

**AFTER THE INITIAL 48 HOURS REST PERIOD**

Injured Member Name	
Date of Birth / Age	/
Injury sustained	
Date and Time of Injury	

Was the Injured Party Unconscious for any length of time?	YES / NO
Did the Injured Party visit A&E or GP	YES / NO
Has there been 48 Hours complete rest	2 DAYS
Agreed Rest Period	__ DAYS (See Policy & Procedures Doc)
Gradual Return to Play/Training Period	8 DAYS
Medical Letter Required	YES / NO
Return Day No:	DAY NO: __

<p><b>Continuing or Developing Symptoms:</b>  <b>Seek medical advice if any of these symptoms persist or develop during the Rest, Suspension or GRTP periods</b></p>	<p>Neck pain or tenderness                  Double vision/Blurry eyes                   Weakness/tingling in arms or legs                  Severe or increasing headaches                  Drowsiness, dizziness or confusion                  Fits or twitching of arms, face or legs                  Seizure or convulsions                  Loss of consciousness                  Deteriorating conscious state                  Nausea or vomiting                  Increasingly restless, agitated or combative                  More emotional or sad</p>
<p>Nervous or anxious                  Tired/low energy/slowed down                  Difficulty remembering                  Pressure in head                  Sensitivity to light or noise                  Difficulty concentrating                  Bleeding from nose or ears                  Continuing Headaches</p>	

Instructor/Coach/Medic Name:	
Mobile No:	
Email:	
BT Club Name/Number:	
Date and Time of Report:	

**The person issuing this Head Injury Return to Play/Training Notice (above) must advise BT [Membership.Services@britishtaekwondo.org](mailto:Membership.Services@britishtaekwondo.org) within 24 hours stating details of the injured member and the agreed Return to Play/Training Plan(as above in grayscale)**