



019 – Information for Event Medics, Hosts and Chief Referees

Reporting of Accidents and Head Injuries at British Taekwondo Kyorugi and Poomsae Events. Firstly, please ensure that all minor event First Aid injuries are recorded in a separate Event Log. For more serious injuries follow below-

If there is an injury in **any of the categories below**, please **complete Part 1 of the BT Accident Report Form** and return to the Event Chief Referee or BT Membership Services (within 24 Hours). This will inform BT for record purposes and advise BT insurers in case of a following claim.

- Injuries that **will require further attention by a qualified medic** such as a GP, Dentist or A&E Department (*Examples: collapse, breaks, sprains, dislocations, tears, cuts, teeth, eyes etc.*)
- Injuries that **will cause the member to be absent from their normal activities**, e.g. work or school - for any period of time (*Example: If a member cannot go to school or to their job due to a Taekwondo injury*)
- Injuries occurring through the use of **defective equipment** (*Examples: Broken gum/groin guard, defective PPE*)
- Injuries occurring through **failures in organisation and management** (*Examples: Missing/damaged PPE, Mats, or non-WT-approved equipment etc.*)

If a member is **unconscious (for any length of time)** or you recognise any of the **symptoms of concussion** then **complete the Form Part 1 (as above) and ALSO complete Part 2 of the Form** and **issue Part 2 immediately to the person concerned**, (or to their Coach or their responsible adult). You should indicate the length of the suspension/protection period being issued (based of their age as indicated on the Form), **also noting this on Part 1 of the Form**.

Prior to the Event: **Make sure you have plenty of copies of Form Parts 1 & 2**

**BRITISH TAEKWONDO: ACCIDENT REPORT FORM & HEAD INJURY
SUSPENSION/PROTECTION NOTICE – PART 1**

Contact/General Details

Injured Party Name		Contact	
Male/Female		Grade	
Date of Birth		Age	
BT Club		Club Number	
Instructor/Coach		Contact	
U18's Guardian		Contact	
Witness		Contact	
Place of Accident		Club Session/ Match Day / Competition or Event	
Report Prepared By		Contact	

Injury Details

Date and Time of Injury	
Injury Received	
What Happened	
First Aider/Medics Name	
Contact	
First Aid Administered	
Taken to A&E / Which Hospital	
Detained in Hospital	
Referred to A&E/GP/Dentist	
Advice Given to Injured Party/Guardian	
If unconscious for any length of time they must be referred to A&E for a SCAT5 check	

Head Injury with Concussion Implications

Suspension/Protection Notice Issued (Days from Date of Accident)

Suspension/Protection Notice Issued (Circle One)	Senior 17+ Yrs.	Junior 15-16 Yrs.	Cadet/ Child Under 15 Yrs.
Possible Concussion	30 Days	40 Days	50 Days
Confirmed Concussion	30 Days	40 Days	50 Days
Unconscious	30 Days	40 Days	50 Days
2 nd Suspension in 90 Days	90 Days	90 Days	90 Days
3 rd Suspension in 180 Days	180 Days	180 Days	180Days
Notice Issued By			

SEND THIS FORM TO BT MEMBERSHIP SERVICES ASAP

**YOU SHOULD ISSUE A HEAD INJURY SUSPENSION/PROTECTION NOTICE IF
THERE ARE SYMPTOMS OF CONCUSSION OR THEY WERE UNCONSCIOUS**

**ISSUE THIS FORM TO THE INJURED PARTY OR COACH
(OR TO THE GUARDIAN IF UNDER 18)
HEAD INJURY SUSPENSION/PROTECTION NOTICE – PART 2**

INJURED PARTY NAME	
AGE	
SUSPENSION PERIOD	
LAST DAY OF SUSPENSION	

IF YOU WERE UNCONCIOUS	You must visit A&E or your GP
FOR THE FIRST 2 DAYS OF YOUR SUSPENSION	Must not drive, drink alcohol, take recreational drugs, take sleeping tablets, take strong pain killers or aspirin
AFTER DAY 2 YOU MUST REST	No Physical activity and reduced cognitive load (e.g., TV/Reading)
FOR THE LAST 8 DAYS OF YOUR SUSPENSION, YOU MAY GRADUALLY RETURN TO PLAY	2 x Light exercise x 15 mins (e.g., walk, swim, jog) 2 x Taekwondo basics x 45 mins (e.g., stretch, kicks) 2 x non-contact and resistance training 2 x Full contact/full training
IF YOU WERE UNCONCIOUS	You need a Doctors Letter before you can compete again

**For the FIRST 24 HOURS - You must not be alone for 24 Hours and should not Drive
Do not drink alcohol or take any type of recreational drugs
Avoid prescription or non-prescription drugs without medical supervision – specifically avoid: -
*Sleeping Tablets, Aspirin OR Strong Pain Killers and Anti-inflammatory medication***

Red Flag Symptoms of Head Injury - If any of the visible symptoms below are noted then the injured Member/Player MUST visit A&E, GP or Medical Provider URGENTLY

Complaining of neck pain - Increased confusion or irritability - Repeated vomiting - Seizure or convulsions - Weakness/tingling/burning in arms or legs - Deteriorating conscious state - Severe or increasing headache - unusual behaviour changes - Double vision

Continual or developing symptoms of concussion can be as listed below - Seek urgent medical attention if any of these symptoms persist or develop during the Rest, Suspension or GRTP periods

<i>Nervous, anxious, sad or emotional</i>	<i>Neck pain or tenderness</i>
<i>Tired/low energy/slowed down</i>	<i>Double vision/blurry eyes</i>
<i>Memory issues</i>	<i>Weakness/tingling in arms or legs</i>
<i>Pressure in head</i>	<i>Drowsiness, dizziness or confusion</i>
<i>Sensitivity to light/noise</i>	<i>Seizure, convulsions, twitching of face, legs/arms</i>
<i>Difficulty concentrating</i>	<i>Loss of consciousness</i>
<i>Bleeding from nose/ears</i>	<i>Nausea or vomiting</i>
<i>Continuing/increasing headaches</i>	<i>Restlessness, agitated or combative</i>