ADVICE CARD FOR BOXER’S SUFFERING HEAD INJURY

LOOK OUT FOR ANY OF THE PROBLEMS LISTED BELOW – SEEK MEDICAL HELP AT ONCE IF ANY OF THESE ARISE:

- Headache.
- Double or blurred vision.
- Giddiness or unsteadiness.
- Weakness or altered sensation in limbs.
- Drowsiness or strange behavior.
- Feeling of sickness or vomiting.
- Any other unusual symptoms.

IN ADDITION - FOR BOXERS WHO HAVE SUFFERED A KO(H), TKO OR TKOI:

- Avoid all alcohol for the next 48 hours, alcohol can mask and confuse medically important signs if you have any concussion-related problems arise.

- You are required to visit your home Medical Centre tomorrow morning; you need certification for only light training to allow injury-recovery, for as long your military general medical practitioner advises. If ‘tomorrow morning’ is a Saturday or Sunday and your Medical Centre is weekend-closed, go to your home Medical Centre on Monday morning.

- You have been suspended from training, sparring and boxing for the period of time that the ringside physician defined, stated in BCR1. Respect these doctor's orders. Time is needed to allow brain injuries sustained to settle down fully before you risk any further head blows.

- You cannot resume sparring or boxing until you pass a repeat annual medical at the end of the suspension period, so if you are in a hurry to get back in the ring after your suspension, book this medical ahead eg for the first working day after your suspension ends.

You must also liaise with your coach to make sure you get your BCR1 boxing booklet back from your Association Secretary in time for that re-medical.