

## 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.**