



Head Injury Advice Sheet (HIAS)

Issue: 2

Issue Date: January 2026

Review Date: January 2027

Responsible: Hitchin Netball Club Committee

The committee is collectively responsible for ensuring this policy is implemented, reviewed, and updated as required.

Your child sustained a head injury during a match or training session and has been assessed by a qualified first aider in accordance with the World Netball Sport-Related Concussion Guidelines and the Hitchin Netball Club Head Injury & Concussion Policy. They must not return to play or training today.

⚠️ Go to A&E Immediately or Call 999 if Any of These Occur

- Repeated vomiting (more than once)
 - Severe or worsening headache not relieved by paracetamol
 - Increasing drowsiness or difficulty waking
 - Weakness, numbness, or loss of coordination
 - Convulsions or fits
 - Confusion, unusual behaviour, or slurred speech
 - Vision problems (blurred, double, or loss of vision)
 - Clear fluid or blood from nose or ears
 - Loss of consciousness at any point
 - Any other concerning symptoms
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💬 Common Mild Symptoms (Usually Settle Within a Few Days)

- Headache (can take paracetamol; **avoid aspirin/ibuprofen**)
- Dizziness or feeling “foggy”
- Fatigue / tiredness
- Sensitivity to light or noise
- Difficulty concentrating

If symptoms worsen, contact your GP or NHS 111 for advice or your GP.



Care at Home

- Ensure someone stays with your child for 24 hours.
- Rest physically and mentally — avoid screens, bright lights, loud noise, and schoolwork/study.
- No alcohol or recreational drugs.
- Do not take sedating medicines.
- Eat and drink normally if able.
- Sleep is fine, but check regularly. If you have concerns during sleep, wake your child and seek medical advice.
- No sport, PE, or strenuous activity until medically cleared.



For urgent medical advice, contact NHS 111 or visit your nearest A&E.



Gradated Return to Play (GRTP)

- Your child must not return to netball on the same day.
- Full rest until all symptoms have cleared.
- Mandatory minimum 2-week rest period for players under 18 following confirmed concussion.
- Minimum 48 hours between each GRTP stage.
- Written medical clearance from a healthcare professional experienced in concussion management must be provided to the club before full training.
- Follow the Graduated Return to Play (GRTP) stages below.



England Netball Graduated Return to Play (GRTP) Protocol

♥ If in doubt, sit them out.

Stage	Activity	Objective / Notes
1	No activity	Full physical & cognitive rest until all symptoms resolve
2	Light aerobic activity (static bike, HR <70%, 20–30 mins, no resistance)	Increase heart rate; symptom-free for 24 hours
3	Netball-specific drills (predictable change of direction)	Add movement and sport-specific skills; symptom-free for 24 hours
4	Uncontested training (non-contact; resistance optional)	Increase coordination and cognitive load; symptom-free for 24 hours

5	Full training (after medical clearance)	Restore confidence and match readiness
6	Return to match play	Player must perform at or above pre-injury level

Club Reporting:

This incident has been recorded on the Club's Accident/Incident Report Form and reported to the Club Safeguarding Team.

All concussion records are treated confidentially and reviewed by the Club Safeguarding Team. For questions, contact:

safeguarding@hitchinnetballclub.co.uk

England Netball Safeguarding References

England Netball Safeguarding Hub: www.EnglandNetball.co.uk/safeguarding

Email: besafe@EnglandNetball.co.uk

NSPCC Helpline: 0808 800 5000

Reference Documents:

- [England Netball Concussion Resources](#)
- [World Netball Sport-Related Concussion Guidelines \(2024\)](#)
- [NHS Head Injury Guidance \(111 / A&E recommendations\)](#)