



Minor Head Injuries Protocol

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Newbury Judo Club is a member club of the British Judo Association and has adopted their [Minor Head Injuries Protocol Policy](#).

The welfare and health and safety of members and participants is British Judo's top priority. This is especially the case when head injuries occur or in the event of a player becoming unconscious during a training session in a judo club or other judo training environment.

The British Judo Board of Directors have approved a set of protocols to be used by coaches, club officials, parents and players. These protocols are meant to ensure that players who suffer a minor head injury or unconsciousness are managed effectively to protect their long term health and welfare.

Minor head injuries and knocks to the head are common, particularly in children. Following the injury, if the person is awake (conscious), and there is no deep cut or severe head damage, it is unusual for there to be any damage to the brain. However, sometimes a knock to the head can be more serious and may result in unconsciousness and/or concussion, in which case the protocols should be adhered to.

Scientific knowledge in the field of head injury and concussion is constantly evolving and British Judo will make sure that the protocols are updated to keep up to date with the current research and guidance.

[Minor-Head-Injury-Policy-Valid-5th-February-2020-v1.1.pdf \(britishjudo.org.uk\)](#)

