



Website - <http://www.pontypriddtownafc.com>  
 E-mail - [enquiries@pontypriddtownafc.com](mailto:enquiries@pontypriddtownafc.com)  
 Telephone - 01443 401198  
 Mobile - 07916 457128

**Members of:**

The Football Association of Wales  
 The Welsh Football League  
 The South Wales Football Association  
 The South Wales Women's League  
 Taff Ely & Rhymney Valley Football Alliance  
 The South Wales Girls Football League

## REPORT & ADVICE TO PARENTS AFTER AN INJURY

**DETAILS:**

Full Name of Player: \_\_\_\_\_ Pontypridd Team: \_\_\_\_\_  
 Date of Injury:: \_\_\_\_\_ Time of Injury: \_\_\_\_\_

Nature of Injury: \_\_\_\_\_  
 \_\_\_\_\_

First Aid Given: \_\_\_\_\_  
 \_\_\_\_\_

This club holds the welfare of junior players to be paramount and strives to ensure the presence at all games & training sessions of a qualified first-aider & provides each team with basic first aid equipment. However, in some cases, we will recommend that further attention should be given as detailed below. Please keep us informed as to your child's progress.

The injury sustained is of a minor nature & normal homecare is appropriate (e.g. keeping a graze clean) –if you become concerned in any way then check with your GP or hospital.

- A Tetanus injection may be necessary, ask your GP or hospital.
- The injury is moderate such as a sprain or strain – rest, ice, compression & elevation are appropriate. Do NOT apply heat, massage the area or attempt to "run it off" as these can make the problem worse. If concerned consult your GP or hospital.
- The injury needs professional attention either from a GP, sports injury clinic or physiotherapist.
- The injury needs an X-ray or professional examination, as further treatment may be needed.
- The injury is more serious and assessment/treatment at the hospital is strongly advised.

Signed by coach: \_\_\_\_\_ Telephone: \_\_\_\_\_