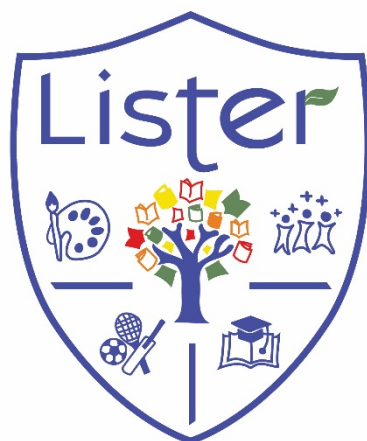




Bumped Head Protocol

September 2026

Chair of Governors:	C Price
Headteacher:	J Luck
Designated Medical Lead:	K Gordon / A Houghton
Date of adoption:	September 2026
Date of next review:	September 2027

Bumped Head Protocol Respect for All. Learners for Life.				Safe and Happy School			
Bumped Head Protocol							
A minor head injury can be a frequent occurrence in the school playground and on the sports field. Fortunately, the majority of head injuries are mild and do not lead to complications or require hospital admission. However, a small number of children do suffer from a severe injury to the brain, and concussion, (in particular repeated concussions), can be very serious. Complications such as swelling, bruising or bleeding can happen inside the skull or inside the brain up to 24 hours after the bump to the head. The presence or absence of a lump at the site of the bump is not an indication of the severity of the head injury. If a child has a bump to their head at school, they will be given first aid which will include a cold compress, and the parent/carer will be contacted by phone. They will either be called to be notified that a bump has occurred and that a 'bumped head slip' has been placed in their book bag or to tell them that they need to come and collect their child because the school first-aider feels that the bump is serious and further medical care might be required (e.g. a visit to the doctor or local A&E).							
Action to be taken with a bumped head:							
• Child to be assessed by a First Aider • Apply cold compress • Complete first aid slip with full details of incident and time. • Bumped Head sticker and bumped head slip given. • Report to Teacher/adult in class. Member of SLT informed. • Parent MUST be spoken to on the phone to inform them about the bump- to give the parent the option to come and assess their child or to collect their child as medical care might be required. • Child to remain with a member of staff at all times until parent arrives.							
If any of the following symptoms are noticed while the child remains in school, we will ring 999. If any of those symptoms occur up to 24 hours after the bump then parents should seek advice urgently, either by calling 999 for an ambulance or going directly to A&E:							
• Unconsciousness or lack of consciousness (for example problems keeping eyes open or increasing sleepiness). • Increasingly severe headache that won't go away. • Problems with understanding, speaking, reading or writing, or any problems with memory. • A change in behaviour, like being more irritable. • Numbness or loss of feeling in any part of the body. • Problems with balance or walking, or general weakness or clumsiness. • Dizziness. • Any changes in eyesight - blurred or double vision. • Any change to the appearance of the pupils - one pupil larger than the other. • A black eye with no associated damage around the eye. • Any vomiting or sickness. • Any clear fluid running from the ears or nose. • Bleeding from the ears. • New deafness. • Any convulsions or having a fit.							
More information can be found on Alder Hey's Head Injury Information page. See link below.							
MONITORING EVALUATION AND REVIEW							
This policy will be reviewed annually by the Governing Body and Senior Leadership Team							
Date adopted	April 2024	Review Cycle	Every year	Last Reviewed	April 2024	Version	April 2026
Head injury- Alder Hey Children's Hospital Trust							

Appendix A- Bumped Head Slip



Dear Parent/ Guardian,

..... received a bump on their head today whilst attending School. Please see accident note for more information.

A School First Aider assessed your child. Although no problems were detected at the time, we request that you observe your child for the next 24 hours for any of the following symptoms:

- Blurred vision
- Drowsiness
- Nausea or vomiting
- Severe headache
- Confusion
- Slurred speech
- Unresponsiveness
- Clumsy, staggering or dizziness
- Bleeding from ears or nose

Contact your GP or the nearest Accident and Emergency Department if you notice any of the above symptoms.

Yours faithfully,

Mr Luck
Headteacher



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Yours faithfully,

Mr Luck
Headteacher

Head Injury Advice Sheet

Advice for parents and carers of children



How is your child?



RED

If your child has any of the following during the next 48 hours:

- Vomits repeatedly i.e. more than twice (at least 10 minutes between each vomit)
- Becomes confused or unaware of their surroundings
- Loses consciousness, becomes drowsy or difficult to wake
- Has a convulsion or fit
- Develops difficulty speaking or understanding what you are saying
- Develops weakness in their arms and legs or starts losing their balance
- Develops problems with their eyesight
- Has clear fluid coming out of their nose or ears
- Does not wake for feeds or cries constantly and cannot be soothed

You need urgent help

Go to the nearest Hospital Emergency (A&E) Department or phone 999



AMBER

If your child has any of the following during the next 48 hours:

- Develops a persistent headache that doesn't go away (despite painkillers such as paracetamol or ibuprofen)
- Develops a worsening headache

You need to contact a doctor or nurse today

Please ring your GP surgery or call NHS 111 - dial 111



GREEN

If your child:

- Is alert and interacts with you
- Vomits, but only up to twice
- Experiences mild headaches, struggles to concentrate, lacks appetite or has problems sleeping

If you are very concerned about these symptoms or they go on for more than 2 months, make an appointment to see your GP.

Self Care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 – dial 111

How can I look after my child?

- Ensure that they have plenty of rest initially. A gradual return to normal activities/school is always recommended.
- Increase activities only as symptoms improve and at a manageable pace.
- It is best to avoid computer games, sporting activity and excessive exercise until all symptoms have improved.

www.what0-18.nhs.uk

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight

Head Injury Advice Sheet

Advice for parents and carers of children



Concussion following a head injury

- Symptoms of concussion include mild headache, feeling sick (without vomiting), dizziness, bad temper, problems concentrating, difficulty remembering things, tiredness, lack of appetite or problems sleeping – these can last for a few days, weeks or even months. Some symptoms resolve quickly whilst others may take a little longer.
- Concussion can happen after a mild head injury, even if they haven't been "knocked out".
- 9 out of 10 children with concussion recover fully, but some can experience long term effects, especially if they return to sporting activities too quickly. It is really important that your child has a gradual return to normal activities and that they are assessed by a doctor before beginning activities that may result in them having another head injury.
- If you are very concerned about these symptoms or they last longer than 2 months, you should seek medical advice from your doctor.

Advice about going back to nursery / school

- Don't allow your child to return to school until you feel that they have completely recovered.
- Try not to leave your child alone at home for the first 48 hours after a significant head injury.

Advice about returning to sport

- Repeated head injury during recovery from concussion can cause long term damage to a child's brain.
- Expect to stay off sport until at least 2 weeks after symptoms are fully recovered.
- Always discuss with your child's school and sports club to discuss a gradual return to full activity.

For further information:

Rugby: goo.gl/1fsBxz



Football: goo.gl/zAgbMx



For further support and advice about head injuries, contact:



- Visit the [Brain Injury Trust website](https://www.braininjurytrust.org.uk).



www.what0-18.nhs.uk

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight

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