

Pardaan

Injury Report Form

Record what happened, the action taken and any follow-up.

Record every injury, however minor, on the day it happens. A clear record protects the player and the club, helps with any follow-up care, and is often required by leagues and insurers. Complete it as soon as it is safe to do so.

Player name: _____

Date & time of injury: _____

Location / venue: _____

What happened

Describe how the injury occurred:

Injury details

Body part(s) affected: _____

Type of injury (e.g. knock, sprain, cut): _____

Action taken

- ☐ First aid given (describe below)
- ☐ Player continued / rested / left the session
- ☐ Parent / guardian informed
- ☐ Advised to seek medical attention / called emergency services

Reported by: _____

Follow-up required: _____

Date: _____