



## SUFFOLK WATER SPORTS ASSOCIATION

**Alton Water | Deben Centre | Neptune Centre | Oulton Broad Centre**

Woodbridge Youth Centre  
The Avenue  
Kingston Road  
Woodbridge  
IP12 4BA

Enquiries to: Stuart Harrington-Rutterford  
Direct Line: 01394 382007  
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Dear Parent / Carer

During activities today your son/daughter received a head injury. A qualified first aider has examined your son/daughter and at the time of leaving our care they were not showing any signs that concerned us. However, due to the nature of the injury you may wish to take your son/daughter to see a doctor to ensure there are no further complications.

Should your son/daughter exhibit any of the following symptoms in the next 24hours they should be taken to a hospital or your local GP immediately:

- Dizziness
- Light headed
- Disorientated
- Nausea
- Head aches
- Blurred vision
- Or any symptoms that provide cause for concern or noticeable changes in behaviour.

Yours faithfully

A handwritten signature in black ink, appearing to read 'Stuart Harrington-Rutterford', is written over a horizontal line.

Stuart Harrington-Rutterford  
Water Sports Manager