



**Concussion:** A brain injury that is serious and can occur with or without loss of consciousness or other obvious signs.

### Concussion Signs and Symptoms:

#### Signs Observed by Medical Staff

- Appears dazed or stunned
- Is confused about assignment
- Is unsure of game, score, opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality change
- Can't recall events before or after hit or fall.

#### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea, Balance problems, or dizziness
- Double or fuzzy vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Does not "feel right"

### On-Field Mental Status Evaluation

(This assessment is recommended for high school-age athletes and older, but may be helpful for all ages. Any inability of the athlete to respond correctly to the questions below should be considered abnormal.)

#### Orientation

- What half are we in?
- What field is this?
- What city is this?
- Who is the opposing team?
- Who scored last?
- What team did we last play?

#### Anterograde Amnesia

- Ask the athlete to repeat the following words: *Girl, Dog, Green*

#### Retrograde Amnesia

- Ask the athlete the following:
  - Do you remember the hit?
  - What happened in the play prior to the hit?
  - What happened in the half prior to the hit?
  - What was the score of the game prior to the hit?

#### Concentration

- Ask the athlete to do the following:
  - Repeat the days of the week backwards (starting with today)
  - Repeat the months of the year backward (starting with December)
  - Repeat these numbers backward 63 (36), 419 (914), 6294 (4926)

#### Word List Memory

- Ask the athlete to repeat the three words from earlier: *Girl, Dog, Green*

### Action Plan(if fails any of the above questions)

**REMOVE ATHLETE FROM PLAY FOR DURATION OF DAY UNTIL EVALUATED BY HEALTH CARE PROFESSIONAL**