



Concussion Signs and Symptoms Evaluation

On-field Mental Status Evaluation

Orientation

Ask the athlete the following questions:

- What quarter/half are we in?
- What month is it?
- What city is this?
- Who scored last?
- What team did we play last?
- What stadium/field is this?

Memory

Ask the athlete to repeat the following words:

- Girl, dog, green

Ask the athlete the following questions:

- Do you remember the hit?
- What happened in the quarter/period 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 Dec.).
- Repeat these numbers backward:
63 (36 is correct)
419 (914 is correct)

Concussion Signs and Symptoms

Symptoms an athlete may report:

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

If an athlete takes a hit on the field, here are some potential signs for the coaching or medical staff to observe:

- Loses consciousness
- Confused or disoriented
- Moves clumsily
- Personality changes
- Memory problems (can't recall events prior to or after hit)
- Appears dazed or stunned
- Answers questions slowly
- Is confused about assignment
- Forgets sports plays
- Unsure of game, score, opponent
- Vomiting

Red Flags - Call 911

- Headaches that worsen
- Seizures
- Looks very drowsy or can't be awakened
- Repeated vomiting
- Slurred speech
- Can't recognize people or places
- Increasing confusion or significant irritability
- Weakness or numbness in the arms or legs
- Neck pain
- Focal neurologic signs
- Unusual behavior change
- Any loss of consciousness greater than 30 seconds or longer

Any athlete who is suspected of sustaining a concussion or head injury in a practice or game, shall be removed from play at the time of the injury and may not return to play until the student has received a written clearance from a licensed health care provider trained in the evaluation and management of concussions and head injuries, and not less than twenty-four (24) hours have passed since the student athlete was removed from play.

