

The Center for Concussion Management

COACH'S SIGNS AND SYMPTOMS CHECKLIST

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion. Do not try to judge the seriousness of the injury yourself. ***Any signs, symptoms or behaviors observed in athlete after a head injury: remove from play until cleared by physician.***

Signs Observed by Coaching Staff:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

Symptoms Reported by Athlete:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ACTION PLAN

- Athlete name: _____ Time: _____
- Notify the athlete's parents/guardians to pick up athlete
 - Name/relationship: _____ Phone: _____
- Concussion Home Instruction Sheet given
- Notify the Certified Athletic Trainer
- Notify athlete s/he is not permitted to drive

Coach/Responder

Date

Contact Info.