



Concussion Signs and Symptoms

ALWAYS CONSULT A CERTIFIED
HEALTH CARE PROFESSIONAL

Signs observed by staff

- appears to be dazed or stunned
- is confused about assignment
- forgets assignments
- is unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness (even temporarily)
- shows behavior or personality change
- Forgets events prior to hit (retrograde amnesia)

Symptoms reported by athlete

- headache
- nausea
- balance problems and dizziness
- double or fuzzy vision
- sensitivity to light or noise
- feeling sluggish
- feeling foggy
- change in sleep pattern
- concentration and memory problems

*Symptoms may worsen with exertion.
Athlete should not return to play until symptom free.*



On-field Cognitive Testing

Orientation

ask the athlete the following questions:

- What is the name of the place you're in?
- What month is it?
- What day is it?
- What city is this?
- Who is the opposing team/contender?

Anterograde amnesia

ask the athlete to repeat the following words:

GIRL, DOG GREEN

Retrograde amnesia

ask athlete to do the following:

- Repeat the days of the week backwards (starting with today)
- Repeat these number backward:
6, 3 (3 - 6 is correct)
4, 1, 9 (9 - 1 - 4 is correct)

Memory Recall

ask the athlete to repeat the three words from earlier:

GIRL, DOG, GREEN

Any failure should be considered abnormal.
Consult a physician following a suspected concussion.



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