CONCUSSIONS

A Concussion is defined as the immediate and transient impairment of neurologic function (a change in mental status or function). A concussion may be a consequence of an athletes head striking an object (floor, another head, etc.), an object striking the athletes head (ball, another head, bat/stick, etc.) or as a result of a sudden change of the direction of the head and neck (whiplash type injury). Regardless of the method of injury concussions generally produce similar clusters of Signs (things that can be observed by others) and Symptoms (things that are reported by the athlete). The grade or severity of a concussion is difficult to determine. You should not focus on the level of concussion but whether or not a concussion has occurred. The following charts should be used as guidelines for the coach to assess whether or not a concussion has occurred, what the appropriate course of action is at the time of injury and whether or not to allow the athlete to continue to play without physician clearance.

<table>
<thead>
<tr>
<th>Signs (Observed by coach, parent, staff)</th>
<th>Symptoms (Reported by the Athlete)</th>
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<tbody>
<tr>
<td>• Appears to be dazed or stunned</td>
<td>• Headache</td>
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<td>• Confused about assignment/tasks</td>
<td>• Nausea and/or vomiting</td>
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<td>• Forgets plays; Unsure of game, score or opponent</td>
<td>• Balance problems or dizziness</td>
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<td>• Moves clumsily</td>
<td>• Double or blurry vision</td>
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<td>• Answers questions slowly</td>
<td>• Sensitive to light or noise</td>
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<td>• Loses consciousness (even temporarily)</td>
<td>• Feeling sluggish</td>
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<td>• Shows behavior or personality change</td>
<td>• Feeling &quot;Foggy&quot;</td>
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<tr>
<td>• Retrograde Amnesia - Forgets events prior to hit or event that caused the concussion</td>
<td>• Change in sleep pattern</td>
</tr>
<tr>
<td>• Anterograde Amnesia - Forgets event after hit or event that caused the concussion</td>
<td>• Concentration or memory problems</td>
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Symptoms may worsen with exertion. Athlete should not return to play until symptom free!

On - Field Cognitive Testing - Complete in the order as follows:

Orientation - Ask the athlete the following questions. Answers should be quick and rapid.
- What stadium/field is this?
- What city/town is this?
- Who are we playing?
- What month is this?
- What day is this?

Anterograde Amnesia - Ask the athlete to repeat the following words. These words may vary if you like.
- Girl
- Dog
- Green

Retrograde Amnesia - Ask the athlete the following questions.
- What happened in the prior period, quarter or play?
- What do you remember just prior to being hit/falling?
- What was the score of the game prior to being hit/falling?
- Do you remember being hit/falling?

Concentration - Ask the athlete to do the following.
- Repeat the days of the week backwards starting with today.
- Repeat these numbers backwards: 63 (36 is correct) 419 (914 is correct)

Word list memory
- 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.

Material sited here is a result of work of the following group: