

Signs and Symptoms: Athletes exhibiting or experiencing one or more of the signs and symptoms listed below following a bump blow to the head or body may be experiencing a concussion and should be removed from participation until evaluated and cleared by an appropriate medical provider. **If in doubt, sit them out.**

Signs Observed by Coaches, Players or Officials	Symptoms Reported by the Athlete
Athlete appears dazed, confused, or distant	Athlete reports a headache or pressure in the head
Athlete is confused about their assignment or position	Athlete reports nausea or vomiting
Athlete forgets instruction or directions	Athlete reports dizziness or balance issues
Athlete is unsure of game, score or opponent	Athlete reports visual abnormalities such as blurry vision or double vision
Athlete is abnormally clumsy, uncoordinated, or has difficulty with simple movements	Athlete reports sensitivity to light
Athlete has difficulty with answering questions or is abnormally slow in answering	Athlete reports sensitivity to noise
Athlete loses consciousness ("knocked out:") even for a brief period of time	Athlete reports feeling groggy, sluggish, hazy or foggy
Athlete demonstrates mood, behavioral, or personality changes	Athlete reports concentration or memory problems
Athlete is unable to recall events prior to the hit or fall	Athlete reports confusion
Athlete is unable to recall events after the hit or fall	Athlete reports just not "feeling right"

## **RED FLAGS**

If any of the following signs or symptoms are present, immediately activate Emergency Medical Services EMS (Call 911).

- Neck pain or tenderness
- Seizure or convulsions
- Double vision
- Loss of Consciousness
- Weakness or tingling/burning in more than 1 arm or in the legs
- Deteriorating conscious state
- Vomiting
- Severe or increasing headache
- Increasingly restless, agitated, or combative
- Visible deformity of the skull

## **Action Plan**

If there is concern or suspicion that the athlete has sustained a concussion, initiate the following steps:

- Remove the athlete from play, practice, or training.
- Ensure that there are no red flag symptoms that would require emergency medical attention
- Inform the parent(s)/guardian(s) of the suspicion that the athlete has possible sustained a concussion and has been removed from all activity until they are released by a qualified medical provider.
- Ensure that the athlete is evaluated by a health care professional qualified under Idaho statute to provide concussion management.