

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: _____ Telephone: ____ - ____ - ____
- ☐ Concussion Home Instruction Sheet given
- ☐ Notify the Certified Athletic Trainer
- ☐ Notify athlete s/he is not permitted to drive

Coach/Responder

Date

Contact Info



Sports Medicine

Phone: (816) 282-5985