

## Evaluation for concussion signs and symptoms

### Signs observed by staff

- Appears dazed or stunned
- Loses consciousness (even briefly)
- Is confused about assignment or position
- Shows behavior or personality change
- Forgets sports play
- Can't recall events prior to hit or fall (retrograde amnesia)
- Is unsure of game, score or opponent
- Can't recall events after hit or fall (anterograde amnesia)
- Moves clumsily
- Answers questions slowly

### Symptoms reported by athlete

- Headache or "pressure" in head
- Feeling sluggish, hazy, foggy or groggy
- Nausea or vomiting
- Change in sleep pattern
- Balance problems or dizziness
- Concentration and memory problems
- Double or blurry vision
- Confusion
- Sensitivity to light
- Does not "feel right"
- Sensitivity to noise

Symptoms may worsen with physical or cognitive (school) exertion. Athlete should not return to play until symptom-free.

[concussiontreatment.com](http://concussiontreatment.com)

## 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 the athlete the following questions:

- What happened in the prior quarter/period/round?
- What do you remember just prior to the hit?
- What was the score of the contest/game prior to the hit?
- Do you remember the hit?

### Concentration

Ask the athlete to do the following:

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

### Memory

Ask the athlete to repeat the three words from earlier: (Girl, dog, green)

Any failure should be considered abnormal. Consult a health care professional who is experienced in evaluation for sports concussion.