



# Concussion Recognition Tool

**This tool is a quick reference, to be completed by the responsible adult, to help identify a suspected concussion and to communicate this information to parent / guardian**

An incident occurred involving \_\_\_\_\_ (student's/player's name)

at the following location: \_\_\_\_\_, He/she was observed for the presence of any one or more of the signs and symptoms of a concussion.

Date of incident \_\_\_\_\_ Time \_\_\_\_\_

Name of person monitoring student/player at the scene \_\_\_\_\_

Description of incident:  Blow to the head  Hit to the body

What happened? \_\_\_\_\_

## STEP 1 Stop the activity immediately to determine if this is a medical emergency

- A)** Initiate the first steps of the Emergency Action Plan (Appendix K)
- Exercise universal precautions related to blood/bodily fluids (Appendix J)
  - If a student/player cannot start a movement by himself/herself, do not move the body part for him/her
  - Stay calm. Keep an even tone in your voice.
  - Instruct any bystanders to leave the injured student/player alone.

- B)** Identify if the student/player shows any of these **Red Flag** signs and symptoms at any time (check off any that appear).

### RED FLAGS

**You see:**

- Repeated vomiting
- Seizure or convulsion
- Deteriorating or loss of consciousness

**The student/player complains of:**

- Neck pain
- Double vision
- Severe or increasing headache
- Weakness or tingling/burning in the arms or legs

**The student/paler is showing:**

- Unusual behavior change
- Increasing confusion or irritability

- C)** If there is serious injury OR any of the **Red Flags**
- Call 911
  - Do not move the student/player
  - Stay with the injured student/player and monitor them until Emergency Medical Services arrives
  - If applicable, do not remove the student's/player's helmet unless you are trained to do so

## STEP 2 Remove the student/player from the activity

If the injury is **NOT** an emergency, remove the student/player from participating in the activity and do not let them return to any activities that day. The student/player needs to be seen by a health care professional as soon as possible. While the student/player is waiting to be taken to a healthcare professional follow instructions in Step 3.

**STEP 3&4**  
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