

Concussion Checklist: Sideline Management

Recognize Remove Refer

Please use this quick reference/checklist to help you and others determine whether a student athlete suffered a concussion:

- ☐ Blow to the head or body, and/or whiplash
- ☐ If **back or neck injury is suspected**, or if the athlete **loses consciousness**, call 911 immediately. Otherwise, move to the next set of steps – Recognize, Remove and Refer.
- ☐ **RECOGNIZE:** Does the athlete report or demonstrate these signs or symptoms of a concussion?

Signs (observed by others)	Symptoms (reported by athlete)
Athlete appears dazed or stunned	Headache
Responds slowly to questions or commands	Nausea or vomiting
Moves clumsily	Double or blurry vision
Forgets events before the hit (ask about the score, last play, etc.)	Memory problems (can't tell you details about the game, such as score, etc.)
Has balance problems (can't stand on one leg with eyes closed for at least 30 seconds)	Concentration problems (can't repeat series of five digits in reverse order)
Is confused	Sluggish feeling
Forgets events after the hit	"Foggy" feeling
Loses consciousness (any length of time)	Sensitivity to light or noise
	Fatigue

- ☐ **REMOVE** from activity.
- ☐ Contact parents/guardians.
- ☐ Document the incident with **Sideline Concussion Documentation** form.
- ☐ Monitor the athlete during remainder of game/practice or until he/she is picked up by parents. Be aware of any red flags.
 - RED FLAGS** – Call 911 immediately, if at any time, the athlete:
 - Loses consciousness
 - Vomits repeatedly (more than once)
 - Is extremely drowsy (difficult or unable to awaken)
 - Is extremely confused (doesn't know familiar people, self, what year it is, etc.)
 - Has a severe headache that starts very suddenly
- ☐ **REFER** the athlete for medical evaluation:
 - Give parents the **Sideline Concussion Documentation** with attached physician release.