



Concussion Factsheet

An athlete who experiences one or more of the signs and symptoms listed below after a bump, blow or jolt to the head or body, may have a concussion.

Symptoms:

- 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

Signs:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

RED FLAGS- SEEK URGENT MEDICAL EVALUATION

1. Neck pain or tenderness
2. Double vision
3. Weakness/tingling/burning in arms or legs
4. Severe or increasing headache
5. Seizure or convulsions
6. Deteriorating conscious state
7. Vomiting
8. Increasingly restless, agitated, or combative

TAKETHEFOLLOWINGSTEPS IF THE ATHLETE PRESENTS WITH NO RED FLAGS:

ACTIONPLAN:

1. Remove the athlete from play.
2. Keep the athlete out of play the day of the injury.
3. Allow athlete to get a full night of uninterrupted sleep.
4. Encourage athlete to eat a balance diet.
5. Decrease screen use and strenuous brain activity.
6. Schedule an evaluation with an appropriate health



Schedule an appointment with CRW Athletic Trainers for further assessment and make sure to fill out an accident report.

Appointment Code



Accident Report Code

