

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:

1. Has the athlete received a blow to the head or body, or whiplash?
2. 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.
3. **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)
Confusion	Sluggish feeling
Forgets events after the hit	"Foggy" feeling
Loses consciousness (any length of time)	Sensitivity to light or noise
	Fatigue

4. **REMOVE** from activity. Athlete cannot return to play the same day of a suspected concussion.
5. Contact parents/guardians.
6. Document the incident with **Sideline Concussion Documentation** form on reverse side.
7. Monitor the athlete during remainder of game/practice or until he or 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 (*even a brief loss of consciousness should be taken seriously*)
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- One pupil is bigger than the other (if this is not the normal state of the athlete)

8. **REFER** the athlete for medical evaluation: Athlete can only return to play with written clearance from a physician trained in the evaluation and management of concussion.

This information is provided by Providence Health & Services and our sports concussion specialists.