

Sports Concussion Programme

Signs observed by staff

- appears to be dazed or stunned
- is confused about assignment
- forgets plays
- is unsure of game, score, or opponent
- moves clumsily
- answers questions slowly
- loses consciousness (even temporarily)
- shows behavior or personality change
- forgets events prior to hit (retrograde)
- forgets events after hit (anterograde)

Symptoms reported by athlete

- headache
- nausea
- balance problems or dizziness
- double or fuzzy vision
- sensitivity to light or noise
- feeling sluggish
- feeling "foggy"
- change in sleep pattern
- concentration or memory problems

Symptoms may worsen with exertion.

Athlete should not return to play until symptom-free.

On-field Cognitive Testing

Orientation

Ask the athlete the following questions:

- What stadium is this?
- What city is this?
- Who is the opposing team?
- What month is it?
- What day is it?

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?
- What do you remember just prior to the hit?
- What was the score of the 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:
63 (36 is correct)
419 (914 is correct)

Word list memory

Ask the athlete to repeat the three words from earlier:

Girl, dog, green

Any failure should be considered abnormal.

Consult a physician following a suspected concussion.