



## Evaluation for suspected concussion

Use this tool to assist you in identifying athletes with possible concussion and appropriately refer them for medical evaluation. Using this tool should not replace evaluation by trained medical provider.

Once a head injury suspected, identify any signs or symptoms that represent an emergency. If any of these present, call 911.

- Neck pain/tenderness
- Double Vision
- Weakness/tingling in arms/legs
- Severe/increasing headache
- Seizures
- Loss of consciousness
- Vomiting
- Increasingly restless/agitated or combative

Identify possible spinal cord injury, if concern, wait for trained personnel before moving athlete/removing helmet.

If emergency intervention is not required, assess the athlete for signs and symptoms of concussion

### SIGNS

- Slow to get up after hit to head
- Disorientation/confusion
- Balance problems
- Incoordination
- Facial injury

### SYMPTOMS

- Headache/Pressure in head
- Nausea or vomiting
- Dizziness
- Sensitivity to light or sound
- More emotional/irritable
- Neck pain
- Difficulty with concentration
- Difficulty with memory
  - Ask questions to assess memory “Where are we today?” “Where was our last practice?” “What day is it today?”
- Fatigue
- Nervous/anxious

If concussion is suspected, the athlete should not return to riding that day. He or she may not return to practice/racing until evaluated by a medical professional.

The athlete should not be left alone and should not drive themselves home. They should be left only in the supervision of an adult/parent.

Once they have been cleared by a physician, they may work towards to riding following the league return-to-play guidelines.

**McCrary P, Meeuwisse W, Dvorak J, et al.** Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016. *Br J Sports Med* 2018; 838-847

**Davis GA, et al.** Concussion recognition tool 5© *Br J Sports Med*. Published Online First: 26 April 2017. doi: 10.1136/bjsports-2017-097508CRT5

**Provance AJ at al.** *Management of Sport-Related Concussion in the Pediatric and Adolescent Population*. Orthopedics. 2016; 39 (1): 24-30.

**CDC Concussion Education** - [www.CDC.gov/headsup](http://www.CDC.gov/headsup)