

# Evaluation for Suspected Concussion

*Use this tool to assist you in identifying athletes with possible concussions and appropriately refer them for medical evaluations.*

**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)