

CONEMAUGH HEALTH SYSTEM'S

Field Side concussion assessment tool

- Athlete suspected of suffering a concussion **REMOVE FROM PLAY**
- Move athlete away from action to most quiet location available.
- Provide 5 minutes of supervised recovery time, assess following:

Signs:

- Can't recall events prior to or after leaving game
- Appears dazed or stunned
- Forgets an instruction (Tell me your parents name, phone number)
- Confused about assignment or position
- Unsure of the game, score, or opponent
- Answer questions slowly
- Loss of consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems
- Dizziness
- Blurry or double vision
- Sensitive to light or noise
- Ringing in ears
- Feels sluggish, hazy, foggy, or groggy
- Confused
- Concentration or memory problems
- Just not "feeling right" or "feeling down"

If the athlete is suffering any of the following, they most likely have suffered a concussion and should not return to play.

If athlete has multiple signs and symptoms, increasing signs and symptoms, or shows any deterioration of level of consciousness, **seek medical attention immediately!**

For further assistance or referral to the Conemaugh Concussion Program

Call 814-269-5266

