



## Signs and Symptoms

*These signs and symptoms may indicate that a concussion has occurred.*

Signs Observed By Coaching Staff	Symptoms Reported By Athlete
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

## Action Plan

*If you suspect that a player has a concussion, you should take the following steps:*

1. Remove athlete from play
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care

### IMPORTANT PHONE NUMBERS

For immediately attention, **CALL 911**  
**Peak Performance PT: 542-0808**  
**Personal Doctors #:** \_\_\_\_\_

If you think your athlete has sustained a concussion... Take him/her out of play immediately, and seek the advice of a health care professional experienced in evaluating for concussions.



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**PHYSICAL THERAPY  
&  
SPORTS MEDICINE**

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