

TLH DRAGGINS, Inc.

CONCUSSION CHEAT SHEET

THE GOLDEN RULE

WHEN IN DOUBT, SIT THEM OUT. Never let an athlete self-certify or pressure peers to return. No player with a suspected concussion returns today.

1. VISUAL RED FLAGS (WATCH FOR)

- Dazed, blank, or vacant stare.
Slow to get up, unsteady feet, or stumbling.
- Confusion about the game, score, or teams.
- Slurred speech or delayed responses.

2. REPORTED SYMPTOMS (ASK FOR)

- Headache, head pressure, or "fogginess".
- Dizziness, nausea, or blurry/double vision.
- Sensitivity to the bright field lights or noise.

3. THE 5 QUESTIONS

Must answer all 5 perfectly and without hesitation:

1. "Where are we playing soccer right now?"
2. "Which half of the game is it?" (or time elapsed)
3. "Who scored the last goal?" (or approximate score)
4. "Who did we play against last week / game?"
5. "Did your team win or lose the last match?"

4. IMMEDIATE ACTION STEP

- **Remove immediately:** Stop play; do not "wait and see".
- **Safe Transit:** Do not let them drive home alone.
- **Emergency Call:** If vomiting, worsening headache, or losing consciousness occurs, dial 911 immediately.
- **Return to Play:** If diagnosed with a concussion, you must provide a note from a doctor clearing you to play.