

## Concussion

### Signs and symptoms evaluation

404-785-KIDS (5437)

[choa.org/concussion](http://choa.org/concussion)



#### Signs observed by staff

- Appears dazed or stunned
- Confused about assignment
- Forgets plays
- Is unsure of game or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness **(even temporarily)**
- Shows behavior or personality changes
- Forgets events prior to hit **(retrograde amnesia)**
- Forgets events after hit **(anterograde amnesia)**

#### Symptoms reported by athlete

- Headache
- Nausea
- Balance problems
- Dizziness
- Double vision
- Fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy
- Change in sleep pattern
- Concentration problems
- Memory problems

**Symptoms may worsen with exertion.**

**The athlete should not return to play that day and must be cleared by a physician before returning to activities.**

## Sideline

### Cognitive testing

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#### **Ask the athlete the following questions:**

What city is this?

What month is it?

Who is the opposing team?

What day is it?

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#### **Ask the athlete to repeat the following three words:**

Girl, dog, green

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#### **Ask the athlete the following questions:**

What happened in the prior quarter/period?

What do you remember just prior to the hit?

What was the score of the game prior to the hit?

Do you remember the hit?

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#### **Ask the athlete to do the following:**

Repeat the days of the week backward (starting with today).

Repeat these numbers backward:

63 (36 is correct)      419 (914 is correct)

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#### **Repeat the three words from earlier:**

Girl, dog, green

**Any failure should be considered abnormal.  
The athlete should not return to play until cleared  
by a physician as a concussion may have occurred.**