

Concussion Action Plan for Coaches

- 1. Remove the athlete from play if any signs/symptoms of a concussion are present.** Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. "When in doubt, sit it out!"
- 2. Complete the checklists below for symptoms/signs based on what the athlete reports and what is observed by others.**

Symptoms Reported by Athlete: Check (X) symptoms that are reported by the athlete in the box provided.								
	YES	NO		YES	NO		YES	NO
Headache			Sensitivity to light/noise			Feeling like "in a fog"		
Nausea			Numbness/Tingling/Neck pain			Feeling slowed down		
Fatigue/Low energy			Drowsiness			Pressure in head		
Blurred vision			Nervous/Anxious			Difficulty concentrating		
Balance problems/Dizziness			Concussion			Difficulty remembering		
Vomiting			Trouble falling asleep			Irritability		
Sadness			Sleeping more than usual					

Signs observed by coaches/parent(s)/athletes: Check (X) signs that are reported by the athlete in the box provided.					
	YES	NO		YES	NO
Appears dazed or stunned			Answers questions slower than normal		
Looks or acts confused			Moves clumsily		
Seems forgetful			"Blacked out" or lost consciousness		
Abnormal behavior or personality changes			Can't recall information before or after the injury		

3. Inform athlete's parents or guardians about the known or possible concussion. Give a copy of this form to the athlete's parent or guardian and keep a copy for yourself.
4. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the severity of the injury yourself.
5. Allow athlete to return to play only with permission from an appropriate health care professional. Under Senate Bill 38, any student athlete who sustains a concussion must "receive a medical release from a licensed health care professional."

Red Flags!!! Call 911 <u>immediately</u> if any of the following occur. Notify parent/guardian <u>after</u> calling 911.			
Headaches that <u>worsen</u>	Look <u>very</u> drowsy, can't be awakened	Can't <u>recognize</u> people	Unusual behavior change
Seizures	<u>Repeated</u> vomiting	Increasing confusion	Increasing irritability
Loss of consciousness	Slurred Speech	Weakness or numbness	Neck pain