

# The Center for Concussion Management

## COACH'S SIGNS AND SYMPTOMS CHECKLIST

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion. Do not try to judge the seriousness of the injury yourself. ***If any signs, symptoms or behaviors observed in athlete after a head injury: remove from play until cleared by physician.***

### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

### Symptoms Reported by Athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### ACTION PLAN

- Athlete name: \_\_\_\_\_ Time: \_\_\_\_\_
- Notify the athlete's parents /guardians to pick up athlete. Athlete released to:  
Name/relationship: \_\_\_\_\_ Telephone: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_
- Sent combined Parent/Physician Return to Play Letter (release) with athlete to parents
- Complete this form and give to the Certified Athletic Trainer or School Nurse ASAP (no later than the next day of school).

\_\_\_\_\_  
Coach/Responder

\_\_\_\_\_  
Date

\_\_\_\_\_  
Contact Info

Adopted for use by Olathe Public Schools October 2011