

CONCUSSION TOOL

For Coaches, Teachers, Parents, Students and Athletic Therapists

What is a concussion?

A ... , C ... , M I . I

What causes a concussion?

A ... , ... , ...

What are the symptoms and signs of a concussion?

A ... : 32 / 1 9.92 5.243.11 -1.829 .09 0 0 120.

Behavioural	• D	• D	• C
	• I	• I /	• I
	• /	• D	• D
Sleep	• D	• D	• D

Note: I ... 10, ... E ... F

Action plan: What to do if you suspect a student has a concussion

I ... unconscious:
 • I ... E ... A ... 911.
 • A ... EM ... ;
 • D ... EM ...
 • D ...
 • C ... / ...

I ... conscious:
 •
 • W ...
 • C ...
 i. F ... M ... B ... (...).
 D ... C ... / ...
 I ... I ... / ... 911.

ii. F ... concussion is not suspected:
 C ... / ...

Memory Testing

F ...
 • W ... / ... ?
 • W ... / ... ?
 • W ... ?
 • W ... / ... ?
 • W ... ?

Note: ...

Balance Testing (OPTIONAL)

Instructions for tandem stance

A ... - -
 - ... W ...
 20 ... C ... I ...
 / ...

GUIDELINES FOR STUDENTS RECOVERING FROM A CONCUSSION