

Coaches & Parents Observe the Athlete for

Orientation

- What is your name?
Who am I? What year is it?
Opponent? What happened?

Immediate Memory

- Repeat list of three words
(apple, table, penny)

Neurologic Screen

- Balance (Stand hands on
hip, feet together, eyes
closed 20 seconds)
- Coordination (finger-nose-
finger, tandem walk)

Concentration

- Repeat 3 series of digits
backwards
- Months in reverse order
- Alphabet backward

Delayed Recall

- Repeat three word list
from earlier

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Common Symptoms & Signs of Concussion

- Headache
- "Pressure in head"
- Neck pain
- Nausea or vomiting
- Dizziness
- Balance Problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling "in a fog"
- "Don't feel right"
- Difficulty remembering
- Difficulty concentrating
- Fatigue or low energy
- Drowsiness
- Emotionality
- Irritability
- Sadness
- Nervous or anxious
- Trouble sleeping

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