

Special Olympics Canada Concussion Recognition Tool

Anyone can use this tool to help recognize a possible concussion after an impact. This tool should not be used for diagnosis.

<p>1. Check for signs of a more serious head or spine injury.</p> <p>If any one of these is present and not typical for the individual athlete, treat this as a possible medical emergency and get medical help right away.</p> <p>If onsite medical personnel are not immediately available, call 911.</p>	<p>After the impact, did anyone see the athlete:</p> <p><input type="checkbox"/> Lose consciousness for any period of time</p> <p><input type="checkbox"/> Have a seizure or convulsion</p> <p><input type="checkbox"/> Vomit more than once?</p>	<p>Is the athlete experiencing:</p> <p><input type="checkbox"/> Neck pain or tenderness</p> <p><input type="checkbox"/> Double vision</p> <p><input type="checkbox"/> Weakness or tingling in arms/legs</p> <p><input type="checkbox"/> Severe or increasing headache</p> <p><input type="checkbox"/> Deteriorating conscious state</p> <p><input type="checkbox"/> Increasing restlessness, agitation or combativeness?</p>
<p><input type="checkbox"/> Are these signs/symptoms unusual for this athlete?</p>		

If a more serious injury is not suspected, complete the rest of the tool.

<p>2. Check for common signs and symptoms of concussion.</p> <p>Any one sign or symptom, if not typical for the individual athlete, is enough to suspect a concussion.</p> <p>Involve the athlete's coach or parent/guardian to help understand whether the athlete's condition or behaviour is unusual for them.</p>	<p>Did anyone see the athlete:</p> <p><input type="checkbox"/> Lying motionless on the ground or playing surface</p> <p><input type="checkbox"/> Slowly getting up after a direct or indirect hit to the head</p> <p><input type="checkbox"/> Disorientation or confusion/inability to respond appropriately to questions</p> <p><input type="checkbox"/> Balance or gait difficulties, motor incoordination, stumbling, slow labored movements</p> <p><input type="checkbox"/> Clutching their head</p> <p><input type="checkbox"/> With a blank or vacant look</p> <p><input type="checkbox"/> With a facial injury after head trauma</p>	<p>Is the athlete experiencing:</p> <p><input type="checkbox"/> Headache or pressure in head</p> <p><input type="checkbox"/> Nausea or vomiting</p> <p><input type="checkbox"/> Balance problems</p> <p><input type="checkbox"/> Drowsiness</p> <p><input type="checkbox"/> Dizziness</p> <p><input type="checkbox"/> Blurred vision</p> <p><input type="checkbox"/> Sensitivity to light</p> <p><input type="checkbox"/> Sensitivity to sound/noise</p> <p><input type="checkbox"/> Fatigue or low energy</p> <p><input type="checkbox"/> More emotional or irritable</p> <p><input type="checkbox"/> Sadness</p> <p><input type="checkbox"/> Nervousness or anxiety</p> <p><input type="checkbox"/> Difficulty concentrating</p> <p><input type="checkbox"/> Memory problems</p> <p><input type="checkbox"/> Feeling slowed down</p> <p><input type="checkbox"/> Feeling "in a fog"</p> <p><input type="checkbox"/> They "don't feel right"?</p>
<p><input type="checkbox"/> Are these signs/symptoms unusual for this athlete?</p>		

<p>3. Ask simple memory questions</p> <p>Problems answering questions, if not typical for the individual athlete, can be a sign of possible concussion.</p> <p>Involve the athlete's coach or parent/guardian to help gauge if the athlete's level of understanding and ability to respond are unusual for them.</p>	<p>Sample questions:</p> <ul style="list-style-type: none"> • What venue are we at today? • In which sport are you participating? • Is it before or after lunch? • Which half is it now? [Modify for the sport (e.g., inning, quarter, end)] • Who scored last in this game? • Did your team win the last game? <p><i>The athlete's coach or parent/guardian can help verify their answers.</i></p>
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What to do next: Anyone with a suspected concussion should be removed from participation right away. Follow the Special Olympics Canada Concussion Protocol. Until the athlete is medically assessed:

- The athlete should not be left alone.
- The athlete should not be sent home by themselves.
- The athlete's emergency contact should be notified so the athlete does not try to make their way home alone.