

WHEN IN DOUBT Take Them Out!

Coach's Clipboard

The following signs and symptoms may indicate a sports-related concussion:

SIGNS EXHIBITED BY ATHLETE AND OBSERVED BY COACH

- Dazed or stunned
- Confusion about game assignment, position, score, and/or opponent
- Forgets sports plays
- Clumsy movement
- Delayed response to questions
- Loss of consciousness (even briefly)
- Behavior or personality changes
- Inability to recall events before or after a hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Dizziness or balance problems
- Double or blurred vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory loss
- Confusion
- Doesn't "feel right"

If an athlete has, or is suspected of having, a concussion, do the following:

1. **IMMEDIATELY** remove the athlete from play.
2. **NOTIFY** the athlete's parent/guardian about the known or possible concussion.
3. **DO NOT** try to judge the seriousness of the injury yourself. Ensure that the athlete is evaluated by a health care professional.
4. **ONLY** allow the athlete to return to play once he or she has been symptom-free for at least 24 hours and evaluated and cleared by a licensed physician.*

**This is a specific guideline stated in the Concussion Management and Awareness Act. Your local school district may have additional guidelines.*

ALL CONCUSSIONS ARE SERIOUS
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