# 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).

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Coach/Responder _____________________ Date ________________ Contact Info _____________________

Adopted for use by Olathe Public Schools October 2011

Meets requirements for MSHSAA and KSHSAA