

# Sample Tool to Identify a Suspected Concussion

*This sample tool is to be completed by school staff and shared with parents/guardians after a concussion-related incident has been observed and/or reported.*

## Step 1: Check for red flags. (Check all that apply.)

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**If red flags are identified call 911 immediately.**

- ☐ Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- ☐ Increasingly restless, agitated, or combative
- ☐ Loss of consciousness or responsiveness
- ☐ Loss of vision or double vision
- ☐ Neck pain or tenderness
- ☐ Repeated vomiting
- ☐ Seizure or convulsion
- ☐ Severe or increasing headache
- ☐ Weakness or numbness/tingling/burning in arms or legs
- ☐ Visible deformity of the skull

## Step 2: Check for visible clues (signs) and symptoms, and conduct a quick memory assessment.

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**2a. Visible clues (signs) (Check all that apply.)**

- ☐ Dazed, blank, or vacant look
- ☐ Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- ☐ Facial injury
- ☐ Falling unprotected to the playing surface
- ☐ Lying motionless on the playing surface (no loss of consciousness)
- ☐ Slow to get up after a direct or indirect hit to the head
- ☐ Unsteady on feet/balance problems or falling over/ poor coordination/ wobbly

**2b. Concussion symptoms (Check all that apply.)**

**Physical Symptoms**

- ☐ Balance problems
- ☐ Blurred vision
- ☐ Dizziness
- ☐ "Don't feel right"
- ☐ Drowsiness
- ☐ Fatigue or low energy
- ☐ Headache
- ☐ Nausea or vomiting
- ☐ "Pressure in head"
- ☐ Sensitivity to light

☐ Sensitivity to noise

**Changes in Emotion**

☐ More emotional

☐ More irritable

☐ Sadness

☐ Nervous or anxious

**Changes in Thinking**

☐ Difficulty concentrating and/or remembering

☐ Feeling slowed down

☐ Feeling like “in a fog”

**2c. Orientation/awareness questions** Questions may need to be modified to meet the needs of the situation/activity/sport, the age and ability of the student, and/or the first/most understood language of the student. Record student responses.

Is it before or after lunch?

Where are we today?

What activity/sport/game are we playing now?

What field are we playing on today?

What is the name of your Teacher/Coach?

What room are we in right now?

What school do you go to?

### **Step 3. Teacher/supervisor/coach observes a suspected concussion-related incident.**

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Even though no red flags (Step 1), visible clues, or symptoms observed or reported, and the student correctly answered all orientation/awareness questions (Step 2), a concussion is suspected.