

## IDAHO RUSH CONCUSSION PROTOCOL

**Idaho Rush has established a mandatory protocol coaches must follow when they suspect a player has sustained a concussion:**

1. If a player loses consciousness, has seizures, or has a spine or neck injury, call 911.
2. If emergency care is not needed, remove the athlete from the game or training.
3. Use the list of symptoms and test on the back of this card to evaluate whether the player has a concussion.
4. If you suspect a concussion, complete the Concussion Notice for Parents in your team book and give it to the players' parent. Return the bottom half to the club.
5. A player must be cleared by a medical professional before returning to games or practices.

(For details or more information,  
go to [www.idahorush.com](http://www.idahorush.com) or call 336-6512.)



## CONCUSSION SIGNS AND SYMPTOMS

### Signs observed by staff

- \* Appears to be dazed or confused.
- \* Confused about position.
- \* Unsure of game, score or opponent.
- \* Show behavior or personality change.
- \* Answers questions slowly.
- \* Loses consciousness (even temporarily)
- \* Move clumsily.
- \* Forgets events prior to hit.
- \* Forgets events after hit.

### Symptoms observed by player

- \* Headache.
- \* Nausea.
- \* Balance problems or dizziness.
- \* Double or fuzzy vision.
- \* Sensitivity to light or noise.
- \* Sluggishness.
- \* Feeling "foggy".
- \* Change in sleep pattern.
- \* Problems with memory or concentration.

## ON-FIELD COGNITIVE TESTING

### 1. Ask the player the following questions

What city is this? What month is it? What day is it? Who are we playing?

### 2. Ask the player to repeat the words: *girl, dog, green*

### 3. Ask the player the following questions

What is the score? What do you remember just prior to the hit?  
Do you remember the hit?

### 4. Ask the player to do the following:

Repeat the days of the week backward, starting today.  
Repeat these numbers backward: 63 (36 is correct); 419 (914 is correct)

### 5. Ask the player to recall the words from Step 2.

**A failure of any of these tests should be considered abnormal.**

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