



Southeast Soccer Club Sideline Concussion Management Check List

- Blow to the head OR body, and/or whiplash
- If **back or neck injury suspected**, OR if athlete **loses consciousness**, contact emergency services immediately (**call 911**). If not, progress to next step.
- RECOGNIZE** – does athlete report or demonstrate signs/symptoms of a concussion?

Signs (Observed by others)	Symptoms (reported by athlete)
<ul style="list-style-type: none"> • Athlete appears dazed or stunned 	<ul style="list-style-type: none"> • Headache
<ul style="list-style-type: none"> • Confusion 	<ul style="list-style-type: none"> • Fatigue
<ul style="list-style-type: none"> • Forgets Plays 	<ul style="list-style-type: none"> • Nausea or vomiting
<ul style="list-style-type: none"> • Unsure about game, score, opponent 	<ul style="list-style-type: none"> • Double vision, blurry vision
<ul style="list-style-type: none"> • Moves Clumsily (altered coordination) 	<ul style="list-style-type: none"> • Sensitive to light or noise
<ul style="list-style-type: none"> • Responds slowly to questions 	<ul style="list-style-type: none"> • Feels sluggish
<ul style="list-style-type: none"> • Personality changes 	<ul style="list-style-type: none"> • Feels “foggy”
<ul style="list-style-type: none"> • Balance Problems (can’t stand on one leg with eyes closed for at least 30 sec) 	<ul style="list-style-type: none"> • Problems concentrating (can’t repeat 5 digits in a row backwards)
<ul style="list-style-type: none"> • Forgets events prior to hit (ask about the score, last play, etc.) 	<ul style="list-style-type: none"> • Problems remembering (can’t tell you details about the game – score, etc.)
<ul style="list-style-type: none"> • Forgets events after the hit 	
<ul style="list-style-type: none"> • Loss of consciousness (any duration) 	

- REMOVE** from activity
- Contact parents
- Document incident with **Sideline Concussion Documentation** form
- Monitor athlete
 - RED FLAGS** – Call 911 immediately, IF at any time, the individual:
 - Loses consciousness
 - Vomits repeatedly (more than 1 time)
 - Demonstrates extreme drowsiness (cannot be awakened)
 - Is extremely confused (does not know familiar people, self, what year it is, etc.)
 - Has an extreme headache that comes on very, very quickly
- REFER** the athlete for medical evaluation – give parent/s **Sideline Concussion Documentation** with physician release form on reverse side
- Document the incident in **Concussion Incident Log**
- BEFORE PLAY AGAIN** – must have signed Return to Participation Medical Release (RPMR). This can happen no sooner than the next day.
- File the RPMR** with your Concussion Incident Log