



Youth Sports  
Concussion  
Awareness  
PROGRAM

**CLIPBOARD  
CONCUSSION TOOL  
for coaches**

**SUSPECT A CONCUSSION?**

A concussion should be suspected in the presence of any one or more of the following:

**1. Signs and Symptoms**

Headache	Difficulty remembering
Nausea or vomiting	Feeling 'In a fog'
Dizziness	'Don't feel right'
Blurred or double vision	Irritability
Balance problems	Fatigue or low energy
Sensitivity to light or noise	Nervous or anxious
Delayed verbal and motor responses	Disorientation
Excessive drowsiness	Disequilibrium
Confusion	Difficulty concentrating

**2. Memory Function Test**

Failure to answer all questions correctly may suggest a concussion

- "At what venue are we at today?"
- "Which half/period is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Important Phone Numbers

PRHC Emergency: 705-743-2121  
Local EMS: 911  
Telehealth Ontario: 1-866-797-0000

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**ACTION PLAN**

If you suspect an athlete has had a concussion you should take the following steps:

1. Remove the athlete from play. If EMS or an athletic trainer are on site have the child evaluated.
2. Is emergency medical care needed?

**WATCH FOR THESE "RED FLAGS"**

- Loss of consciousness > 1 minute
- Suspected seizure (jerking movements)
- Weakness or numbness/tingling
- Confusion, agitation, drowsiness
- Persistent vomiting
- Severe neck pain or neck pain with numbness/tingling

**ANY OF THE ABOVE REQUIRE AN EMERGENCY MEDICAL ASSESSMENT**

3. Inform the athlete's parent/guardian(s) about the possible concussion and give them the Immediate Post-Concussion Instructions Sheet. Do not allow the athlete to drive or leave without adult accompaniment. If athlete will not have adequate supervision, consider emergency medical assessment.
4. Instruct the athlete's parent/ guardian(s) to contact your family doctor or nurse practitioner immediately to book an appointment
5. Allow the athlete to return to play at a later date only when you have received written clearance by a healthcare provider (i.e. physician and/or nurse practitioner)

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