

Concussion Sideline Reference Card

Sideline evaluation for coaches and athletic trainers

Children's Healthcare of Atlanta™

Sports Medicine

Concussion Signs and Symptoms Evaluation

404-785-1111
choa.org/concussion



Signs observed by staff

- Appears dazed or stunned
- Confused about assignment
- Forgets plays
- Is unsure of game or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even temporarily)
- Shows behavior or personality changes
- Forgets events prior to hit (retrograde amnesia)
- Forgets events after hit (anterograde amnesia)

Symptoms reported by athlete

- Headache
- Nausea
- Balance problems
- Dizziness
- Double vision
- Fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy
- Change in sleep pattern
- Concentration problems
- Memory problems

**Symptoms may worsen with exertion.
Athlete should not return to play that day and must be cleared by a physician before returning to activities.**

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.
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Sideline Cognitive Testing

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Ask the athlete the following questions:

What city is this? What month is it?
Who is the opposing team? What day is it?

Ask the athlete to repeat the following three words:

Girl, dog, green

Ask the athlete the following questions:

What happened in the prior quarter/period?
What do you remember just prior to the hit?
What was the score of the game prior to the hit?
Do you remember the hit?

Ask the athlete to do the following:

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

Repeat the three words from earlier:

Girl, dog, green

**Any failure should be considered abnormal.
The athlete should not return to play until cleared
by a physician as a concussion may have occurred.**

