

CONCUSSION TOOL

For Coaches, Teachers, Parents, Students and Athletic Therapists

What is a concussion?

A ... , C ... , M I . I

What causes a concussion?

A ... , ... , ... , ...

What are the symptoms and signs of a concussion?

A ... : 32 / 1 9.92 5.243.11 -1.829 .09 0 0 120.

Behavioural	• D	• D	• C
	• I	• I /	• I
	• /	• D	• D
Sleep	• D	• D	• D

Note: I ... 10, ... E ... F

Action plan: What to do if you suspect a student has a concussion

I ... unconscious:

- I E A 911.
- A ... EM ... ;
- D EM
- D
- C ... /

I ... conscious:

-
- W ...
- C ... M B (...) .
- i. F ... concussion is suspected
- D
- C ... /
- I ... /
- I ... 911.

ii. F ... concussion is not suspected

- C ... /

Memory Testing

- F
- W ... / ?
 - W ... / ?
 - W ... ?
 - W ... / ?
 - W ... ?

Note: ...

Balance Testing (OPTIONAL)

Instructions for tandem stance

- A ... - -
- ... W
 - 20
 - .C
 - .I

GUIDELINES FOR STUDENTS RECOVERING FROM A CONCUSSION