

# 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 ... , 911.
- I ... /

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

20 ... .I

( ... ; , ; , ;

**GUIDELINES FOR STUDENTS RECOVERING FROM A CONCUSSION**