



Coaches Concussion Report

Name: _____ Date of Birth _____ Current Time: _____

Team: _____ Date of Injury: _____

Time of Injury: _____ Parent Name/Phone: _____

Describe injury details: _____

- Any athlete who experiences one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion and should be immediately removed from practice or game.
- Athlete is not allowed to return to play/practice until they have been evaluated by a health care professional and cleared for return to activity.

Danger Signs: *If any are present, seek immediate medical attention, call 911*

One pupil larger than the other

Repeated vomiting

Slurred Speech

Convulsions or seizures

Loses consciousness

Cannot recognize people or places

Has unusual behavior

Drowsy and cannot be awakened

Symptoms Reported by Athlete (Check all that apply)

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light/noise

- Concentration or memory problems
- Feeling sluggish, hazy, foggy
- Confusion
- Does not feel "right"
- Other:

Signs Observed by Coaching Staff (Check all that apply)

- Appears dazed or stunned
- Forgets plays
- Moves clumsily
- Loses consciousness
- Is confused about plays

- Can't recall events prior to injury
- Can't recall events after injury
- Answers questions slowly (days of the week etc.)
- Shows behavior changes
- Is unsure of game, score, opponent

Completed by: _____ Signature: _____

Contact parent/guardian of the injured athlete and provide this completed form.
Continue to monitor athlete until under the care of parent/guardian.

What should I do if I suspect a concussion?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond follow the CDC's "Heads Up" four-step action plan,

1. **Remove** the athlete from play.
2. **Ensure** athlete is evaluated by an appropriate health care professional.
3. **Inform** the athlete's parent or guardian.
4. **Keep** the athlete out of play.

Follow up care instructions:

- If any symptoms are getting worse seek higher medical attention right away.
- Acetaminophen (Tylenol) is the only pain reliever that should be given for a concussion related headache; avoid ibuprofen (Advil, Motrin) & aspirin for the first 3 days.
- High risk physical activity should be avoided until all symptoms have resolved, low intensity activity as tolerated after 48-72hrs of relative rest.
- Athlete should initially avoid TV, excessive reading, movies, computer use, tablet use, and texting since these activities may worsen symptoms.
- Your athlete must be seen by a primary care physician or concussion specialist before returning to sports or other activities with risk for head injury.



To be evaluated in clinic, check-in through
NOWcare at The Center, 2200 NE Neff Rd location
Hours of operation M-F 9am-4pm

For additional information on concussions, see below resources:

The Center Concussion Resources www.thecenteroregon.com

The Center Foundation Resources www.centerfoundation.org

CDC "Heads Up" www.cdc.gov/headsup

The Center on Brain Injury Research and Training <https://cbirt.org>

SWAY Concussion Testing www.swaymedical.com

ImPACT Concussion Testing www.impacttest.com