

USPC CONCUSSION ASSESSMENT TOOL

Member Name: _____ Date/Time: _____

Signs/Symptoms of Concussion (reported by athlete)	Yes	No
Headache or "pressure" in head		
Nausea or vomiting		
Balance problems or dizziness		
Double or blurry vision		
Sensitivity to light		
Sensitivity to noise		
Feeling sluggish, hazy, foggy, or groggy		
Confusion, concentration or memory problems		
Just not "feeling right" or "feeling down"		
Signs/Symptoms of Concussion (observed by coach or parent)	Yes	No
Appears dazed or stunned		
Forgets an instruction		
Strange behavior or changes in personality		
Moves clumsily		
Answers questions slowly		
Loses consciousness (even briefly)		
Shows mood, behavior, or personality changes		
Can't recall events prior to or after a fall		
More Serious Danger Signs	Yes	No
One pupil larger than the other		
Drowsiness or inability to wake up		
A headache that gets worse or does not go away		
Slurred speech, weakness, numbness, or decreased coordination		
Repeated vomiting or nausea, convulsions or seizures		
Bleeding or clear fluid leaking from the nose or ears		

If you marked "yes" to any of the above, seek medical attention.

Please fill out a USPC Incident Report and a USPC head Injury/Concussion Report Form. If the member is thought to have sustained a concussion, please provide them with a USPC Concussion Return to Play Form.

Head Injury/Concussion Return to Play

Head injuries, even when they seem mild, require time for healing. If inadequate time is allowed for recovery, symptoms including the ability to think and perform at school may be prolonged. In addition, injuries to the head that occur before the brain is 100% healthy can be severe and devastating. The brain cannot tolerate multiple episodes of trauma.

The pediatric brain is especially vulnerable; therefore children and young adults should be extremely cautious about returning to sports after suffering a concussion. In the past, rest was

recommended for a set period of time based on the severity of the head injury. This is no longer the case. It is now known that time for adequate recovery is extremely variable.

Current guidelines recommend a “graded return to play” prior to medical clearance. This means the athlete must perform physical activities similar to riding without any symptoms prior to returning to ride and must tolerate and demonstrate mastery of simple riding skills prior to returning to their previous level of activity.

SIGNS & SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior* to hit or fall
- Can't recall events *after* hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

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CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

ACTION PLAN

As a coach, if you think an athlete may have a concussion, you should:

- 1. Remove the athlete from play.**
- 2. Keep an athlete with a possible concussion out of play on the same day of the injury and until cleared by a healthcare provider.** Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess an athlete for a possible concussion.
- 3. Record and share information about the injury,** such as how it happened and the athlete's symptoms, to help a healthcare provider assess the athlete.
- 4. Inform the athlete's parent(s) or guardian(s)** about the possible concussion and refer them to CDC's website for concussion information.
- 5. Ask for written instructions from the athlete's healthcare provider** about the steps you should take to help the athlete safely return to play.

Before returning to play an athlete should:

- Be back to their regular activities (such as school).
- Not have any symptoms from the injury when doing regular activities.
- Have the green-light from their healthcare provider to begin the return to play process.

For more information, visit www.cdc.gov/HEADSUP

The information provided in this document or through links to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other healthcare provider.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.