

Do you know what to do if you suspect a **concussion**?

STOP the activity immediately

IDENTIFY signs and symptoms

SIGNS OBSERVED

CONCUSSION TOOLS

SYMPTOMS REPORTED



Appendix C-3

Tool to Identify a Suspected Concussion

NB Trauma Program
Programme de traumatologie du NB
www.nbtrauma.ca

This form must be completed by the responsible adult at the scene of the incident

Student Name: _____ Time: _____

Date of Incident: _____

Location of Incident: _____

Name of the responsible adult monitoring the student at the scene: _____

Cause of Injury: ☐ Blow to the head ☐ Hit to the body ☐ Uncertain

Describe the Incident: _____

1 Stop the activity immediately to determine if is a medical emergency

A) Initiate the first steps of the Emergency Action Plan

- Wear gloves if blood is present.
- If a student cannot start a movement by themselves, do not move the body part for
- Stay calm. Keep an even tone in your voice.
- Instruct any bystanders not to approach the injured student.

B) Identify if the student shows any of the **Red Flag** signs and symptoms below. (Check all that apply)

RED FLAGS

You see:

- ☐ Vomiting
- ☐ Seizure or convulsion
- ☐ Deteriorating conscious state
- ☐ Loss of consciousness
- ☐ Increasing restlessness, agitation or combativeness

The student complains of:

- ☐ Neck pain or tenderness
- ☐ Double vision
- ☐ Severe or increasing headache
- ☐ Weakness or tingling/burning in arms or legs

If there is any **Red Flag** or other serious injury present:

- Call 911
- Stay with the injured student and monitor them until Emergency Medical Services arrives.
- Inform the parent/guardian of the situation and the steps that are being taken.
- If the student is not fully conscious, suspect a cervical spine injury and do not move the student.
- If applicable, do not remove the student's helmet - wait for Emergency Medical Services to arrive.

2 Remove the student from the activity

If the injury does **NOT** require Emergency Medical Services, remove the student from participating in the activity and do not let them return to any activities that day. Proceed to Step 3 and 4 to complete this form.

STEPS 3&4 NEXT PAGE

Parachute
PREVENTING INJURIES. SAVING LIVES.

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If at least **ONE** sign is observed or **ONE** symptom is reported:

REMOVE
the injured student
from the activity

CONTINUE
to monitor the
student for new or
worsening symptoms

CONSULT
a physician or nurse
practitioner for a medical
diagnosis as soon as possible

IF IN DOUBT... **SIT IT OUT!**