

Concussion Signs and Symptoms

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 ATHLETES

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 "feeling down"