

**WHEN IN DOUBT... SIT THEM OUT!**

# CONCUSSION?

**You DON'T**  
have to lose  
consciousness to  
have a concussion.

**NEVER** Return  
to Play if you  
have concussion  
symptoms.

**FOLLOW** a  
doctor-supervised  
and step-wise  
Return to Play.

**DON'T HIDE it,  
REPORT it!**

**GET A  
DOCTOR TO  
CHECK it OUT!**

**TAKE CARE  
OF YOUR BRAIN!**

Find out what **YOU** need to  
know about concussions  
at [www.thinkfirst.ca](http://www.thinkfirst.ca)

Check out our:

- Concussion Q and A
- Concussion Handouts for Parents, Players, Coaches & Teachers
- Return to Play Guidelines
- Sports and Rec Programs

**thinkfirst**



**pensez d'abord**

CANADA  
[thinkfirst.ca](http://thinkfirst.ca)

**thinkfirst.ca**  
Before you Play & Return to Play!

# Pocket SCAT2

Concussion should be suspected in the presence of **any one or more** of the following: symptoms (such as headache), or physical signs (such as unsteadiness), or impaired brain function (e.g. confusion) or abnormal behaviour.

## 1. SYMPTOMS

Presence of any of the following signs & symptoms may suggest a concussion.

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional
- Irritability
- Sadness
- Nervous or anxious

## 2. MEMORY FUNCTION

Failure to answer all questions correctly may suggest a concussion.

"At what venue are we at today?"

"Which half is it now?"

"Who scored last in this game?"

"What team did you play last week / game?"

"Did your team win the last game?"

## 3. BALANCE TESTING

Instructions for tandem stance

"Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet. You should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."

Observe the athlete for 20 seconds. If they make more than 5 errors (such as lift their hands off their hips; open their eyes; lift their forefoot or heel; step, stumble, or fall; or remain out of the start position for more than 5 seconds) then this may suggest a concussion.

**Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, urgently assessed medically, should not be left alone and should not drive a motor vehicle.**