

HEALTH & SAFETY TIP



WHAT TO DO IF YOU SUSPECT A CONCUSSION

IF YOU SUSPECT A CONCUSSION, ASKING A FEW SIMPLE, NON-LEADING QUESTIONS CAN HELP YOU QUICKLY GAUGE THE PLAYER'S AWARENESS AND COGNITIVE FUNCTION — BUT DO NOT USE THIS IN PLACE OF MEDICAL EVALUATION

BASIC SIDELINE QUESTIONS TO ASK

1. WHAT'S YOUR NAME?
2. WHERE ARE WE RIGHT NOW?
3. WHAT TEAM ARE WE PLAYING?
4. WHAT INNING/QUARTER/PERIOD IS IT?
5. WHAT POSITION WERE YOU PLAYING?
6. WHO SCORED LAST? (OR WHAT JUST HAPPENED?)
7. WHAT DAY IS IT TODAY?
8. DO YOU FEEL DIZZY, SICK, OR HAVE A HEADACHE?

WATCH FOR

1. SLURRED SPEECH
2. DELAYED OR INCORRECT ANSWERS
3. VISIBLE CONFUSION OR FRUSTRATION
4. BALANCE ISSUES OR TROUBLE STANDING/WALKING

IMPORTANT

EVEN IF THE PLAYER ANSWERS ALL QUESTIONS CORRECTLY, THAT DOES NOT RULE OUT A CONCUSSION. IF THERE'S ANY DOUBT, REMOVE THEM FROM PLAY AND HAVE THEM EVALUATED BY A MEDICAL PROFESSIONAL.



THIS DOCUMENT FOLLOWS CDC/HEADS UP GUIDELINES FOR YOUTH SPORTS.

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