Sideline Assessment

1. Baseline & Education
   Pre-Participation or Pre-Season Exam & Activity

2. Sideline
   Immediate Concussion Assessment

   Collect sideline exam information on a handheld device or a clipboard (transfer the data when convenient).

3. Post-Injury
   Evaluation & Management of Concussed Athlete
   Follow-up / Ongoing Management
   Return-to-Play Decision

Acknowledgements: Adapted from Pocket SCAT2 – Pocket Sport Concussion Assessment Tool 2 - This tool was developed by a group of international experts at the 3rd International Consensus meeting on Concussion in Sport held in Zurich, Switzerland in November 2008. British Journal of Sports Medicine, 2009, volume 43

www.CONCUSSIONVITALSIGNS.com.
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 behavior.

1. Symptoms: The presence of any of the following signs and symptoms may suggest a concussion. Check ✔️ the SYMPTOMS exhibited by the athlete.

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Loss of consciousness</td>
<td></td>
<td>13</td>
<td>Feeling slowed down</td>
</tr>
<tr>
<td>2</td>
<td>Seizure or convulsion</td>
<td></td>
<td>14</td>
<td>Feeling like &quot;in a fog&quot;</td>
</tr>
<tr>
<td>3</td>
<td>Amnesia</td>
<td></td>
<td>15</td>
<td>&quot;Don't feel right&quot;</td>
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<tr>
<td>4</td>
<td>Headache</td>
<td></td>
<td>16</td>
<td>Difficulty concentrating</td>
</tr>
<tr>
<td>5</td>
<td>&quot;Pressure in head&quot;</td>
<td></td>
<td>17</td>
<td>Difficulty remembering</td>
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<tr>
<td>6</td>
<td>Neck Pain</td>
<td></td>
<td>18</td>
<td>Fatigue or low energy</td>
</tr>
<tr>
<td>7</td>
<td>Nausea or vomiting</td>
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<td>19</td>
<td>Confusion</td>
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<tr>
<td>8</td>
<td>Dizziness</td>
<td></td>
<td>20</td>
<td>Drowsiness</td>
</tr>
<tr>
<td>9</td>
<td>Blurred vision</td>
<td></td>
<td>21</td>
<td>More emotional</td>
</tr>
<tr>
<td>10</td>
<td>Balance problems</td>
<td></td>
<td>22</td>
<td>Irritability</td>
</tr>
<tr>
<td>11</td>
<td>Sensitivity to light</td>
<td></td>
<td>23</td>
<td>Sadness</td>
</tr>
<tr>
<td>12</td>
<td>Sensitivity to noise</td>
<td></td>
<td>24</td>
<td>Nervous or anxious</td>
</tr>
</tbody>
</table>

2. Memory function: Failure to answer all questions correctly may suggest a concussion. **Incorrect** Correct Additional comments:

- At what venue are we at today? ✔️
- Which half is it now? ✔️
- Who scored last in this game? Incorrect ❌
- 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."**

Athlete was observed 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.

- Number of Errors:  

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.

Sideline or abbreviated testing is designed to assist with the immediate assessment or screening of sports related concussion (e.g. SIDELINE) and is not meant to replace computerized or comprehensive neuropsychological testing. The Concussion Sideline Assessment should not be used as a standalone tool for concussion management. The Concussion Sideline Assessment is designed to be a support for recognizing sports related concussions and to document clinical endpoints that may assist a qualified health professional in their return-to-play decision making.