

When a concussion occurs:

check list for getting athlete back into the game.



Once an athlete has experienced any type of potential head injury:

1. Remove athlete from all activity.
2. Activate the enclosed concussion protocol.
 - Start use of SCORE Card 1 (Athlete's Symptoms)
 - Give Education Guides to student athlete to review.
3. Refer athlete for evaluation by a Medical Provider at University Health Services:
1202 W. Farm Rd Phone:(405) 744-7665
4. Medical Provider completes Medical Evaluation Form (SCORE Card 2)
 - Medical Provider provides recommendation for Return to Classroom (SCORE Card 3) and Return to Play (Score Card 4)
 - Athlete must complete progressive steps of Score Card 4 before given clearance for full activity



University Health Services
1202 W. Farm Road
Stillwater, Oklahoma 74078
P 405.744.7665
F 405.744.6556

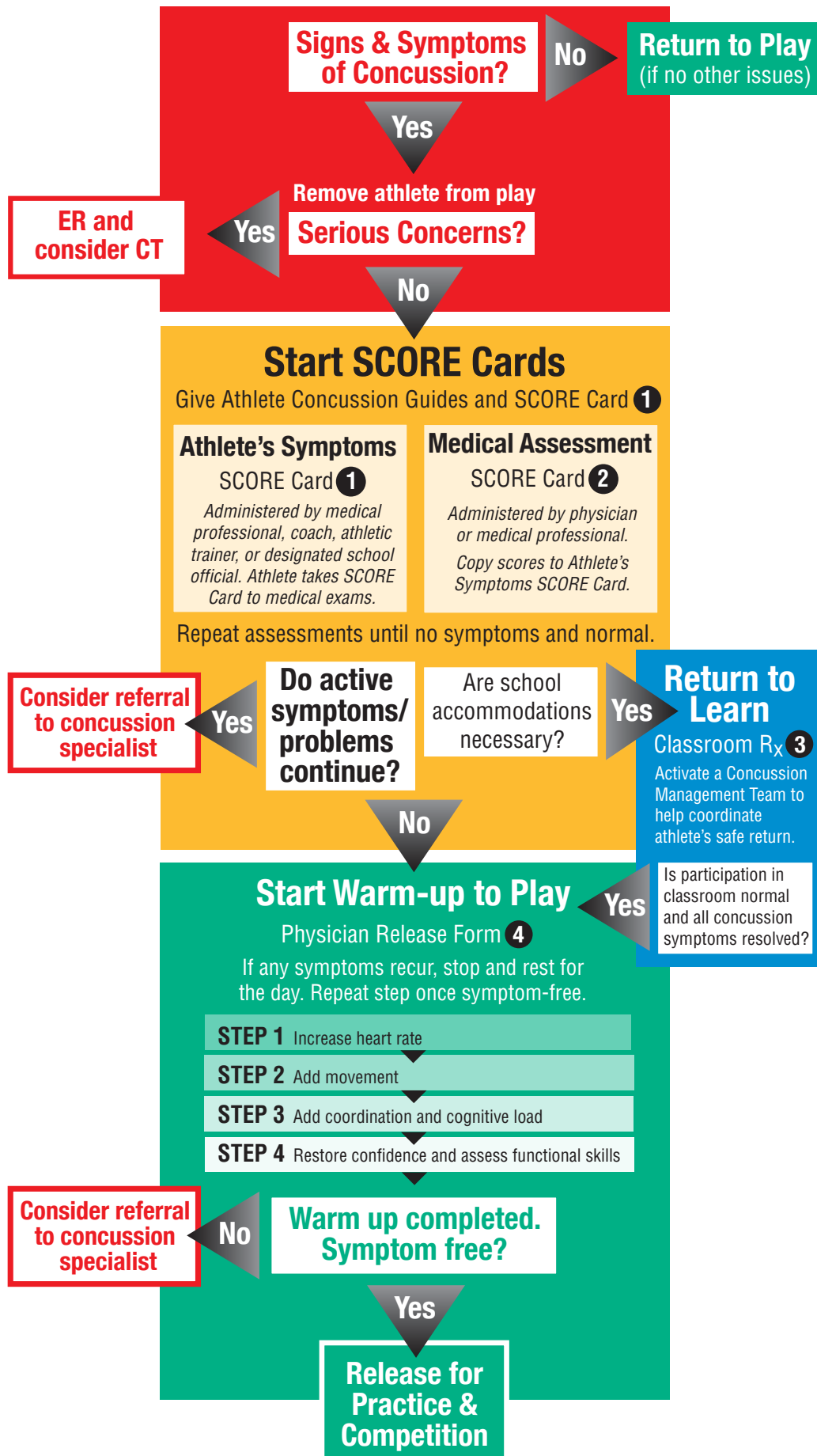
Athlete: _____

Date _____

Notes: _____

Getting the athlete back in the game

A game plan for the education, recognition and management of sports related head injuries.



A concussion is the most common form of head injury suffered by athletes. It is a form of traumatic brain injury that occurs when the brain is violently jarred back and forth or rotated inside the skull as a result of a blow to the head or body. This can “stun” the brain cells or even result in their death. You do not need to lose consciousness to suffer a concussion.

Any athlete in motion is at risk for a concussion. This may occur in any sport, to boys and girls alike. Symptoms may appear immediately or develop over several days. They may last a few days to several months and interfere with school-work and social life.

Concussion Recognition

Signs Observed by Others

- Appears dazed or stunned
- Is confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily or has slurred speech
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Cannot recall events prior to hit
- Cannot recall events after hit

Symptoms Reported by Athlete

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or drowsy
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion