To help identify concussion in children, adolescents and adults

HEAD IMPACTS ARE ASSOCIATED WITH SERIOUS AND POTENTIALLY FATAL BRAIN INJURIES. THE CONCUSSION RECOGNITION TOOL 5 (CRT5) IS TO BE USED FOR THE IDENTIFICATION OF SUSPECTED CONCUSSION. IT IS NOT DESIGNED TO DIAGNOSE CONCUSSION.

**STEP 1: RED FLAGS — CALL AN AMBULANCE**

If there are concerns about an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

**STEP 2: OBSERVABLE SIGNS**

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, stumbling, slow or laboured movements
- Facial injury after head trauma

**STEP 3: SYMPTOMS**

- Headache
- “Pressure in head”
- Balance problems
- Nausea or vomiting
- Fatigue or feeling slowed
- Feeling like “In a fog”
- Drowsiness
- Dizziness
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed
- Feeling like “In a fog”
- “What time did you play on Tuesday?”
- “What time did you play on Friday?”
- “What is the date today?”
- “What did your team score?”
- “Which team did you play last week/game?”
- “What did you do last week?”
- “Who is your favourite player?”
- “Who is your alternative?”

**STEP 4: MEMORY ASSESSMENT**

Alertness to immediate memory may suggest a concussion. Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- “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?”

**ATHLETES WITH SUSPECTED CONCUSSION SHOULD:**

- Not be left alone initially (at least for the first 1-2 hours)
- Not drink alcohol
- Not use recreational/prescription drugs
- Not be sent home by themselves. They need to be with a responsible adult
- Not drive a motor vehicle until cleared to do so by a healthcare professional

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