

SCAT2 Concussion Assessment Sheet

A 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

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

<ul style="list-style-type: none">• Loss of consciousness• Amnesia• “Pressure in head”• Nausea or vomiting• Blurred vision• Sensitivity to light• Feeling slowed down• “Don’t feel right”• Difficulty concentrating• Fatigue or low energy• Drowsiness• Irritability• Nervous or anxious	<ul style="list-style-type: none">• Seizure or convulsion• Headache• Neck Pain• Dizziness• Balance problems• Sensitivity to noise• Feeling like “in a fog”• “Don’t feel right”• Difficulty remembering• Confusion• More emotional• Sadness
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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.