Concussion Signs and Symptoms
Recommended by the Wyoming High School Activities Association
Sports Medicine Advisory Committee

Signs of a concussion as observed by witness
• Appears dazed or confused
• Answers questions slowly
• Exhibits personality or behavior changes
• Seems confused about assignment or forget plays
• Loses consciousness
• Shows poor concentration
• Seems unsure of score, game or opponent
• Can’t recall hit or events prior to or after the hit
• Moves clumsily
• Vomits

Symptoms of concussion as reported by athlete
• Headache
• Memory problems
• Feeling "whoozy"
• Nausea
• Fuzzy vision (double)
• Balance problems
• Dizziness
• Sensitivity to light
• Poor concentration
• Confusion
• Sensitivity to noise
• Feeling sluggish
If you suspect a concussion:

- Determine whether a head injury has occurred.
- Do not return a player to the game. WHSAA rules prohibit players from returning to play if they have or are suspected to have lost consciousness.
- Do not return players to the game if they exhibit ANY symptoms listed on the front of this card.
- Seek immediate emergency care if you suspect a neck injury or if a player exhibits deteriorating status or persistent symptoms.
- Refer players suffering a second concussion in a single season for medical evaluation. Such players should not be returned to play.