



TMEC TRITONS Concussion Checklist

Signs Observed by Coaches, Officials, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location, name of meet, or their own name
- Forgets an instruction or assignment
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes – irritability, sadness, nervousness, emotional
- Can't recall events before or after incident

Symptoms Reported by Athlete

- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy, groggy or wants to take a nap
- Concentration or memory problems
- Confusion
- Does not “feel right”

Per TMEC Concussion Policy if the swimmer exhibits any of the signs and symptoms from above they must be removed from all training/competition activities and cleared by a physician to return to active status

Needs Immediate Medical Attention

- Unconscious: Not waking up (Check for breathing problems, immobilize the neck)
- Seizure
- Previously awake, now is not
- Slow to talk
- Confused
- Not breathing well

DO YOU SEND FOR MEDICAL EVALUATION? YES IF:

- Person was “knocked out”
- They don't know their name
- They have vomited
- They feel like they might throw up
- They have a severe headache
- They can't walk straight
- They just want to take a nap and its 10 am
- They don't remember if they did warm ups or not and its midway through the session
- They don't remember the name of their school
- They don't remember their name
- They don't remember what team they are on
- They have trouble with their vision- hold up 3 fingers and ask the person how many they see

QUESTIONS TO ASK

- Ask about their headache- is it an “owie” in one place (normal) OR does their head hurt all over, worst headache of their life
- Ask if the sun or bright light bothers them
- Ask if they feel like they might throw up.
- They should want to eat (unless they just ate)
- They should walk normally
- They should answer questions clearly and fast

RE-EVALUATION

If the swimmer or injured person stays at the pool:

- Have the coach report back to you on the swimmer's condition
 - Hourly for a few hours
- If the person is an adult or driving teenager- find out who else may be with them:
 - Be sure another reliable adult can assist and observe
 - The injured person should not drive
 - Check back on the injured person hourly

The proceeding checklist is in accordance with the recommendations set forth by USA Swimming