CONCUSSION RECOGNITION TOOL 5®
To help identify concussion in children, adolescents and adults

RECOGNISE & REMOVE
Head impacts can be 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 is concern after 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

Remember:
- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

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, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

STEP 3: SYMPTOMS

<table>
<thead>
<tr>
<th>Symptom</th>
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<tbody>
<tr>
<td>Headache</td>
<td>Blurred vision</td>
<td>More emotional</td>
<td>Difficulty concentrating</td>
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<tr>
<td>&quot;Pressure in head&quot;</td>
<td>Sensitivity to light</td>
<td>More Irritable</td>
<td>Difficulty remembering</td>
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<tr>
<td>Balance problems</td>
<td>Sensitivity to noise</td>
<td>Sadness</td>
<td>Feeling slowed down</td>
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<tr>
<td>Nausea or vomiting</td>
<td>Fatigue or low energy</td>
<td>Nervous or anxious</td>
<td>Feeling like &quot;in a fog&quot;</td>
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<tr>
<td>Dizziness</td>
<td>&quot;Don’t feel right&quot;</td>
<td>Neck Pain</td>
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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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ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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