# **CONCUSSION RECOGNITION TOOL 5**<sup>®</sup>

## To help identify concussion in children, adolescents and adults



## **RECOGNISE & REMOVE**

Weakness or tingling/

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
   Severe or
   headache
- Severe or increasing Deteriorating conscious sta
  - Seizure or convulsion
  - burning in arms or legs Loss of consciousness
- 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.
- Do not attempt to move the player (other than required for airway support) unless trained to so do.
- Assessment for a spinal a cord injury is critical.
- 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

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## **STEP 3: SYMPTOMS**

- Headache
   Blurred vision
- "Pressure in head" · Sensitivity to light · More Irritable
- Balance problems · Sensitivity · Sadness

to noise

Fatigue or

low energy

"Don't feel right"

- Nausea or
- vomiting
- Drowsiness
- . . . . .
- Dizziness

## **STEP 4: MEMORY ASSESSMENT**

(IN ATHLETES OLDER THAN 12 YEARS)

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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#### 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

 Difficulty concentrating

More emotional

Nervous or

anxious

Neck Pain

- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"