To help identify concussion in children, adolescents and adults

Head impacts are 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, 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 for airway support unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

**STEP 2: OBSERVABLE SIGNS**

Visual clues that suggest possible concussion include:

- Slow to get up after being hit to the head
- Black or vacant look
- Balance, gait difficulties, stumbling, slow, laboured movements
- Abnormal or altered behaviour
- Being confused or disoriented
- Unusual looks or behavior
- Feeling dazed, woozy or unfocused
- Tired, sleepy or not normal
- Not self aware
- Nervous

**STEP 3: SYMPTOMS**

Possible symptoms include:

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Fatigue or low energy
- Neck pain
- Dizziness
- Numbness or tingling
- "Dazed" feeling
- "In a fog"
- "Didn't know"
- Fuzzy vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue
- "Nothing feels right"
- "Don't feel right"
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"
- Feelings of sadness
- Feelings of nervousness or anxiety

**STEP 4: MEMORY ASSESSMENT**

(Athletes older than 12 years)

Failure to answer any of the following questions 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 BE ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE IF THE SYMPTOMS RESOLVE.**