

## Concussion Recognition Tool 5 / CRT5

### Recognize and Remove

Head impacts can be associated with serious and potentially fatal brain injuries. The CRT 5 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.

### Signs of that require an Ambulance

Neck pain or tenderness	Severe or increasing head ache	Deteriorating conscious state
Double vision	Seizure or convulsion	Vomiting
Weakness or tingling/burning in arms or legs	Loss of consciousness	Increasingly restless agitated or combative

### Remember

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| <ul style="list-style-type: none"> <li>In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed</li> <li>Assessment for a spinal cord injury is critical</li> <li>Do not attempt to move the player (other than required for airway support) unless trained to do so</li> <li>Do not remove a helmet or any other equipment unless trained to do so safely.</li> </ul> |
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**If there are no red flags, identification of possible concussion should proceed to the following steps:**

### Step 2: Observable Signs

Visual clues that suggest a 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 Blank or vacant look
- Balance/walking difficulties, motor incoordination, stumbling, slow labored movements

### Step 3: Symptoms

Headache	Blurred vision	More emotional	Difficulty concentrating
Pressure in head	Sensitive to light	More irritable	Difficulty remembering
Nausea or vomiting	Fatigue or low energy	Nervous or anxious	Feeling slowed down
Drowsiness	“Don’t feel right”	Neck pain	Feeling like they are in a fog
Dizziness			

### Step 4: Memory Assessment – in Athletes older than 12 years of age

Inability to respond appropriately to questions: What venue/game are we at today? Which half is it now? Who scored last in this game? What team did we play last week/last game? Did our team win the last game?

**Athletes with suspected concussion should:** **not** be left alone for at least 1-2 hours, **not** drink alcohol, not use recreational/prescription drugs, **not** be sent home to be by themselves- they need to be w/ a responsible adult, and **not** drive until cleared by a health care provider.