

St. Anne's – Belfield School
Pocket Sport Concussion Assessment Tool (SCAT) II
Appendix III

Concussion should be suspected of any student with one or more of the following: Symptoms (such as headache), or physical signs (such as unsteadiness), or impaired brain function (such as confusion) or abnormal behavior.

Symptoms

Loss of consciousness	Seizure or convulsion
Amnesia	Headache
“Pressure in head”	Neck pain
Nausea or vomiting	Dizziness
Blurred vision	Balance problems
Sensitivity to light	Sensitivity to noise
Feeling slowed down	Feeling like “in a fog”
“Don’t feel right”	Difficulty concentrating
Difficulty remembering	Fatigue or low energy
Confusion	Drowsiness
More emotional	Irritability
Sadness	Nervous or anxious

Memory Function

Failure to answer all questions correctly may suggest a concussion.

For the student – athlete:

“Where are you right now?”

“Which half is it right now?”

“Who scored last in this game?”

“What team did you play last game?”

“Did your team win the last game?”

For the student, you can follow the same guidelines as for the student-athlete with appropriate questions for the moment.

Balance Testing

Instructions for tandem stance: *“Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet. You should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes.”*

Observe the student for 20 seconds. If they make more than five (5) errors (such as lift their hands off their hips; open their eyes; lift their forefoot or heel; step, stumble, or fall; or remain out of the start position for more than five (5) seconds then this may suggest a concussion. **Any student/student-athlete with a suspected concussion should be immediately removed from the activity/game, urgently assessed medically, should not be left alone and should not drive a motor vehicle.**