

Concussion Action Plan

1 STOP PLAY OR ACTIVITY

Stop practice or ask a referee to stop game play immediately when you have any concerns that an athlete has experienced a possible concussion.

2 REMOVE THE ATHLETE

Remove the athlete from the practice or competition, and do not return them to play—even if the athlete doesn't look visibly hurt. Their health is more important than lost game or practice time. Remember: When in doubt, sit them out.

Continue to look for new and serious symptoms, which can show up hours after the initial injury. Even if no signs or symptoms appear, sit them out if there's any sign they could have a concussion. Get them to an emergency department quickly if any danger signs show up or if their symptoms seem to be getting worse.

3 NOTIFY THE PARENTS

After removing the athlete, notify the parents or guardians that their child may have a concussion and needs to be checked out by a healthcare provider. Let them know that symptoms can take several hours to appear.

Give them the concussion fact sheet for parents, or a link to CDC's HEADS UP website. If a league administrator or medical staff is present, notify them too.

4 DOCUMENT THE INJURY

Document what happened so that healthcare providers, parents, and others can make informed care decisions.

Take note of: time of injury, who else was involved, any signs you saw, and what symptoms were reported. Note the steps you took after the injury, the surface the athlete hit, how hard the hit was, and the athlete's reaction.

Give a copy of these notes to the parents or guardians. They can then share it with the healthcare provider if the athlete receives a medical assessment.