

**The SCAT Card**  
(Sport Concussion Assessment Tool)  
Athlete Information



**What is a concussion?** A concussion is a disturbance in the function of the brain caused by a direct or indirect force to the head. It results in a variety of symptoms (like those listed below) and may, or may not, involve memory problems or loss of consciousness.

**Acute Concussion Symptom Scale**

**How do you feel?** You should score yourself on the following symptoms, based on how you feel now.

	None		Moderate		Severe	
Headache	0	1	2	3	4	5
“Pressure in head”	0	1	2	3	4	5
Neck Pain	0	1	2	3	4	5
Balance problems or dizzy	0	1	2	3	4	5
Nausea or vomiting	0	1	2	3	4	5
Vision Problems	0	1	2	3	4	5
“Don’t feel right”	0	1	2	3	4	5
Feeling “dazed”	0	1	2	3	4	5
Confusion	0	1	2	3	4	5
Feeling slowed down	0	1	2	3	4	5
Feeling “in a fog”	0	1	2	3	4	5
Drowsiness	0	1	2	3	4	5
Fatigue / low energy	0	1	2	3	4	5
Emotional	0	1	2	3	4	5
Irritability	0	1	2	3	4	5
Difficulty Concentrating	0	1	2	3	4	5
Difficulty Remembering	0	1	2	3	4	5
Sadness	0	1	2	3	4	5
Nervous / Anxious	0	1	2	3	4	5
Sensitivity to light	0	1	2	3	4	5
Sensitivity to noise	0	1	2	3	4	5

**What should I do?** Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.

**Signs to watch for:** Problems could arise over the first 24-48 hours. You should not be left alone and must go to a hospital at once if you: Have a headache that gets worse; Are very drowsy or can’t be awakened (woken up); Can’t recognize people or places; Have repeated vomiting; Behave unusually or seem confused; Are very irritable; Have seizures (arms and legs jerk uncontrollably); Have weak or numb arms or legs; Are unsteady on your feet; Have slurred speech.

**REMEMBER**, it is better to be safe. Consult your doctor after a suspected concussion.

**What can I expect?** Concussion typically results in the rapid onset of short-lived impairment that resolves spontaneously over time. You can expect that you will be told to rest until you are fully recovered (that means resting your body and your mind). Then, your doctor will likely advise that you go through a gradual increase in exercise over several days (or longer) before returning to sport.

**QUESTIONS?**

1-800-446-5684 OR AskSportMed@gcbj.com