Sport Concussion Assessment Tool (SCAT)

The SCAT Card
(Sport Concussion Assessment Tool)

Medical Evaluation

Name: __________________________ Date __________

Sport/Team: _______________________ Mouth guard? Y N

1) SIGNS
Was there loss of consciousness or unresponsiveness? Y N
Was there seizure or convulsive activity? Y N
Was there a balance problem / unsteadiness? Y N

2) MEMORY
Was there a balance problem / unsteadiness? Y N
Was there seizure or convulsive activity? Y N
Was there loss of consciousness or unresponsiveness? Y N

3) SYMPTOM SCORE
2) MEMORY
Was there a balance problem / unsteadiness? Y N
Was there seizure or convulsive activity? Y N
Was there loss of consciousness or unresponsiveness? Y N

4) COGNITIVE ASSESSMENT

5) NEUROLOGIC SCREENING

6) RETURN TO PLAY
Athletes should not be informed of the delayed recall test result. The athlete should not be returned to play the same day of injury. When returning athletes to play, they should follow a stepwise symptom-limited program, with stages of progression. For example:
1. rest until asymptomatic (physical and mental rest)
2. light aerobic exercise (e.g. stationary cycle)
3. sport-specific exercise
4. non-contact training drills (start light resistance training)
5. full contact training after medical clearance
6. return to competition (game play)

Any neurologic screening abnormality necessitates formal neurologic or hospital assessment

For more information see the “Summary and Agreement Statement of the Second International Symposium on Concussion in Sport” in the April, 2005 Clinical Journal of Sport Medicine (vol 15), British Journal of Sports Medicine (vol 39), Neurosurgery (vol 59) and the Physician and Sportsmedicine (vol 33). ©2005 Concussion in Sport Group

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