INTERNATIONAL FLOORBALL FEDERATION

Recognised by the IOC
Ordinary member of GAISF

Concussion Recognition Tool (SCAT 5)

"Please indicate with each symptom, how you feel now"

	Date:						
	none	mild		moderate		severe	
Headache	0	1	2	3	4	5	6
“Pressure in head”	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like “in a fog”	0	1	2	3	4	5	6
"Don’t feel right”	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
More emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
Total number of symptoms:							out of 22
Symptom severity							out of 132
Do your symptoms get worse with physical activity?							Y N
Do your symptoms get worse with mental activity?							Y N
If 100% is feeling perfectly normal, what percent of normal do you feel?							%

If not 100%, why?

Date:						
none	mild		moderate		severe	
0	1	2	3	4	5	6
0	1	2	3	4	5	6
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0	1	2	3	4	5	6
0	1	2	3	4	5	6
						out of 22
						out of 132
						Y N
						Y N
						%

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						out of 22
						out of 132
						Y N
						Y N
						%

If not 100%, why?

SCAT 5 (Sport Concussion Assessment Tool)
Source: http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf