

# THE 4S's OF REPORTING A CONCUSSION



## SPOT THE INCIDENT

**Spot** the incident, signs, or symptoms – in yourself or a teammate.

---

## SHARE THE INFORMATION

**Share** this information with someone you trust – this can be a coach, teammate, team therapist, instructor, friend, or family member. If the person you tell tries to dismiss the importance of your injury, advocate for yourself – tell someone who you trust will believe you, and remove yourself from the situation.

---

## SEEK A MEDICAL PROFESSIONAL

**Seek** care – a licensed medical professional can assess you for concussion and provide a diagnosis. A certified sport medicine physician has the knowledge, skills, and training in sport-related concussion.

---

## SUPPORT YOUR TEAMMATES & YOURSELF

**Support** your teammate or seek support for yourself – no one should manage a concussion alone.