



## Moderator Guide: Concussion Recognition Tool 5 (CRT5) Scenarios

**Note:** This is meant as a guide to assist with recognition of concussion and should not replace the basic principles of first aid or assessment by a licenced healthcare professional. When in doubt the participant should be removed from play and further assessment by a licenced healthcare professional should occur.

**Step 1:** [Download the CRT5](#) and/or print (if you prefer paper copies).

**Step 2:** Watch the video, “Concussion Recognition Tool 5: Scenarios”

- Pause the video at the start of each of the scenarios.
- Ensure that your group is aware that these are examples and it is always best to err on the side of caution. **When in doubt, sit them out.**
- Watch the scenario. Ask the group to actively participate as each of the scenarios is different and could result in a different outcome.
- Pause after each scenario and discuss what was seen. You could also expand on what was seen and discuss how the scenario would have played out if a different situation was noted. For example, if the video does not demonstrate an observable sign, consider discussing how your action would change if there was an observable sign: how would this change your decision making? (i.e., the player would be removed from play and asked questions regarding symptoms and a memory assessment.)
- Remind your group to check with their sport organization for internal policies and protocols.
- If a participant goes down and has no symptoms but you believe a concussion may have occurred, they should be assessed by a medical doctor or nurse practitioner.  
**When in doubt, sit them out.**

**Step 3:** Highlight that the key principle of “when in doubt, sit them out” is appropriate. If there is no licenced healthcare professional present, ask the participant to follow up with their healthcare professional.