Diagnosis of concussion

No return to sport

Deliberate physical and cognitive rest (24-48 hours)

Gratuated return to learning activities

Light aerobic activity (until symptom-free)

If there is any significant and sustained deterioration in concussion symptoms, further rest from specific trigger activity

Basic sport-specific drills which are non-contact - no head impact (24 hours)

Recurrence of concussion symptoms

More complex sport-specific drills which are non-contact - no head impact - may add resistance training (24 hours)

Recurrence of concussion symptoms

No return to contact activities before 14 days from complete resolution of all concussion symptoms

Recurrence of concussion symptoms

Medical review before return to full contact training

If not medically cleared, any further activity to be determined by medical practitioner

Return to full contact training (24 hours)

Recurrence of concussion symptoms COMPLETE FORMAL MEDICAL REVIEW

Return to sport

Recurrence of concussion symptoms COMPLETE FORMAL MEDICAL REVIEW