Return to sport

Diagram 2: Return to Sport Protocol for children 18 years of age and under

Diagnosis of concussion No return to sport Deliberate physical and cognitive rest [24-48 hours] If there is any significant and sustained Graduated return to Light aerobic activity deterioration in concussion symptoms, learning activities [until symptom-free] further rest from specific trigger activity Basic sport-specific drills which are Recurrence of concussion symptoms non-contact - no head impact (24 hours) More complex sport-specific drills which are non-contact - no head impact - may Recurrence of concussion symptoms add resistance training (24 hours) Children should not return to contact/collision activities before 14 days from complete resolution of all concussion symptoms Medical review before return to If not medically cleared, any further activity full contact training to be determined by medical practitioner Recurrence of concussion symptoms Return to full contact training (24 hours) **COMPLETE FORMAL MEDICAL REVIEW**

Recurrence of concussion symptoms

COMPLETE FORMAL MEDICAL REVIEW