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







