

# CONCUSSION IN SPORT

 **Diagnosis of concussion** 

**No return to sport**

**Deliberate physical and cognitive rest (24–48 hours)**

School-age children:  
Graduated 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

**Children 18 years or under - No return to contact/collision activities before 14 days from complete resolution of all 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**