

# Concussion Policy



## RETURN TO PLAY 19 YEARS & OVER

- **24 HOURS OF COMPLETE REST BOTH PHYSICAL & MENTAL STARTING THE DAY AFTER RECEIVING A HEAD INJURY. RETURN TO WORK WITHOUT SYMPTOMS BEFORE STARTING A RETURN TO PLAY PROGRAM.**
- **PLAYERS 19 YEARS OLD & OVER WILL TAKE TEN DAYS TO COMPLETE THE RTP PROGRAM. DAY 11 IS WHEN YOU CAN RTP. SEE COACHES/MANAGERS TAB FOR 19YRS+ RTP STAGES.**

### **1. SYMPTOM-LIMITED ACTIVITY - Back to Work**

Normal daily activities that do not make symptoms worse

### **2. LIGHT AEROBIC EXERCISE (DAY 3-4)**

Walking or exercise bike (slow to medium pace)

### **3. SPORT SPECIFIC EXERCISE (DAY 5-6)**

Running Drills (no contact activities)

### **4. NON-CONTACT TRAINING DRILLS (DAY 7-8)**

Progress to more complex passing drills, light weights

### **5. FULL CONTACT TRAINING (DAY 9-10)**

Tackling practise only after full Medical clearance

### **6. RETURN TO PLAY DAY 11 (AFTER 10 DAYS)**

Normal Game/Match play

**\*TO RTP ANY EARLIER THAN THIS YOU'LL NEED A CLEARANCE IN WRITING FROM A SPECIALIST CONCUSSION DOCTOR. A NEUROLOGIST, NEUROSURGEON OR SPORT & EXERCISE PHYSICIAN.**