Concussion in Sport Australia

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)

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 should not 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

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