

CONCUSSION



RETURN TO PLAY STAGES

Time guideline

Rehab stage		16 Years+	Under 16
1	Mental and physical rest until symptoms have cleared	2-3 days	7 days
2	Once symptom-free, light aerobic exercise, such as walking or stationary cycling	4-10 days	7-13 days
3	Rugby league specific exercise, such as running or ball handling activities only if symptom-free. No head impact activities.	11-15 days	14-22 days
4	Non-contact training drills until medical clearance given and only if symptom-free	16-20 days	23-27 days
5	Once medical clearance has been given, full contact training	21 days	28 days
6	Return to play		

1
RECOGNISE
THE SIGNS AND
SYMPTOMS

2
REMOVE
THE PLAYER
FROM PLAY

3
REFER
THEM TO A DOCTOR
FOR ASSESSMENT



LeagueSmart