

SCHEDULE 2: PHASES OF REST, RECOVERY AND RETURN TO PLAY FOLLOWING CONCUSSION

Focus	Goal	Requirements to move to next stage
Rest		
Rest	<ul style="list-style-type: none"> • Help speed up recovery 	<ul style="list-style-type: none"> • Complete physical and cognitive rest in the first 24 – 48 hours
Recovery		
Symptom limited activity	<ul style="list-style-type: none"> • Two days of activities that do not provoke symptoms 	<ul style="list-style-type: none"> • No concussion-related symptoms at rest or with physical or brain activity for at least 1 day and the player has successfully returned to work/school • The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day
Graded Loading – individual program		
Light / moderate aerobic exercise	<ul style="list-style-type: none"> • Light / moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace) • No resistance training 	<ul style="list-style-type: none"> • Remain completely free of any concussion-related symptoms
Recovery day		
Sport-specific exercise	<ul style="list-style-type: none"> • Increased intensity (e.g. running at an increased heart rate) and duration of activity • Add sports specific drills (e.g. goal kick, stationary handball) • Commence light resistance training 	<ul style="list-style-type: none"> • Remain completely free of any concussion-related symptoms • The player should also have a medical clearance (e.g. physiotherapist, sports trainer, first aider) to confirm that the player has had no concussion-related symptoms for at least 1 day
Recovery day		
Graded Loading – full team training		
Limited contact training	<ul style="list-style-type: none"> • Return to full team training – non-contact except drills with incidental contact (incl. tackling) 	<ul style="list-style-type: none"> • Remain completely free of any concussion-related symptoms • Player confident to return to full contact training
Recovery day		
Clearance by a medical doctor is required before returning to the final full contact training session and competitive contact sport		
Full contact training	<ul style="list-style-type: none"> • Full team training 	<ul style="list-style-type: none"> • Remain completely free of any concussion-related symptoms • Player confident to participate in a match
Recovery day		
Return to Play		

Note: Schedule 2 outlines the minimum process to follow in returning to play following a concussion. The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

A more conservative approach is required if there is a lack of baseline testing and active medical practitioner oversight of each stage of the graded return to football. Section 4.4 of these guidelines also outlines the importance of a more conservative approach in certain situations including for children and adolescents, players with a history of concussion and where there is a recurrence of symptoms at any stage during the return to play program.