# GRADED RETURN TO SPORT FRAMEWORK FOR COMMUNITY AND YOUTH

Each stage, highlighted in orange or green below, should be at least 24 hours and symptoms should return to baseline prior to commencing the next activity or stage.

**Incident**
Day = 0

Recognise, remove from play, rest for 24-48 hours. No contact. Avoid training environment temporarily.

Diagnosis of concussion

**Resumption of activities of daily living**
[Mild temporary symptoms are acceptable]

**Light aerobic exercise**
Start graded return to school or work [Consider modifying days/hours or environment, e.g. working from home, social exposures with school recess or lunch]

**Healthcare practitioner review recommended at day 3-4 to include SCOAT6**

**Stationary sport-specific skills with minimal head movements**
[e.g. partner passing drills from front on only]

**Moderate walk or stationary bike**
[moderate = breathing heavily, but able to maintain a short conversation]

**Introduction of sport-specific skills involving head movements**
[e.g. partner passing drills with directional changes, rotations or whilst walking or jogging]

Do any activities bring on or exacerbate symptoms? Y N
Can athlete complete 1-minute of sport-specific skills with head movement without ANY symptoms? Y N

Add resistance training

Increase cardiovascular activities up to 80% HRmax
Initiate sport-specific training drills

Increase sport-specific training drills, up to 90% HRmax

**Return to full capacity of school or work**
Up to 90% HRmax
Up to 90% of full training
[NO CONTACT OR HIGH-RISK ACTIVITY]

**CHECKPOINT**
**When symptom-free for at least 14 days**

Have you remained concussion symptom-free? Y N
Do you get symptoms during or after activity? N Y
Is skill-level below what is expected? N Y
Do you simply "not feel right"? N Y

**Healthcare practitioner review for clearance to return to contact and high risk activities**

Return to full contact training

Return to competition simulation

**Return to competition**
Not before day 21 post concussion AND must have remained symptom free for at least 14 days

NO CONTACT OR HIGH-RISK ACTIVITIES

Persistent symptoms or deterioration of symptoms at any stage
**REFER TO HEALTHCARE PROVIDER FOR REVIEW**

Some high-performance athletes may have access to appropriately trained Healthcare Practitioners experienced in multi system concussion rehabilitation. These athletes may be cleared earlier if their sports concussion protocol allows. Refer to the graded return to sport framework for advanced care settings. Note, athletes aged under 19 years should NOT have access to earlier clearance available in advanced care settings.

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