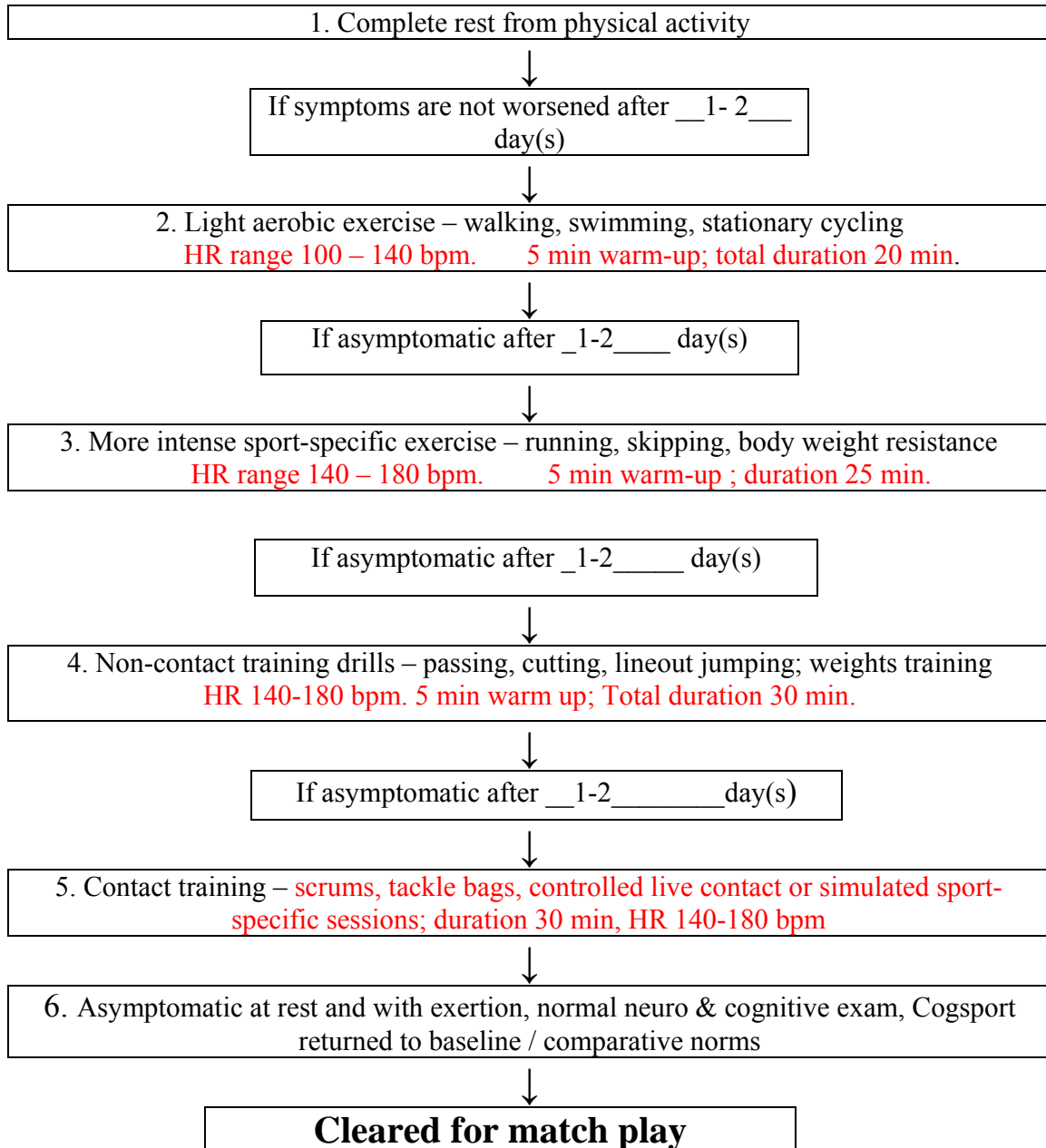




## Sports Concussion Programme

### Return to play in contact and collision sports following concussion



- Each stage is to take at least 24 hours for over 13's and 48 hours for children under 13 and may be progressed slower in recurrent or severe cases.
- Progression to the following stage is governed strictly by the player being asymptomatic – report any headache, dizziness, nausea or other symptoms.



### Sports Concussion Programme

Should the player become symptomatic, he/she should return to the previous (asymptomatic) stage and contacts the doctor in charge