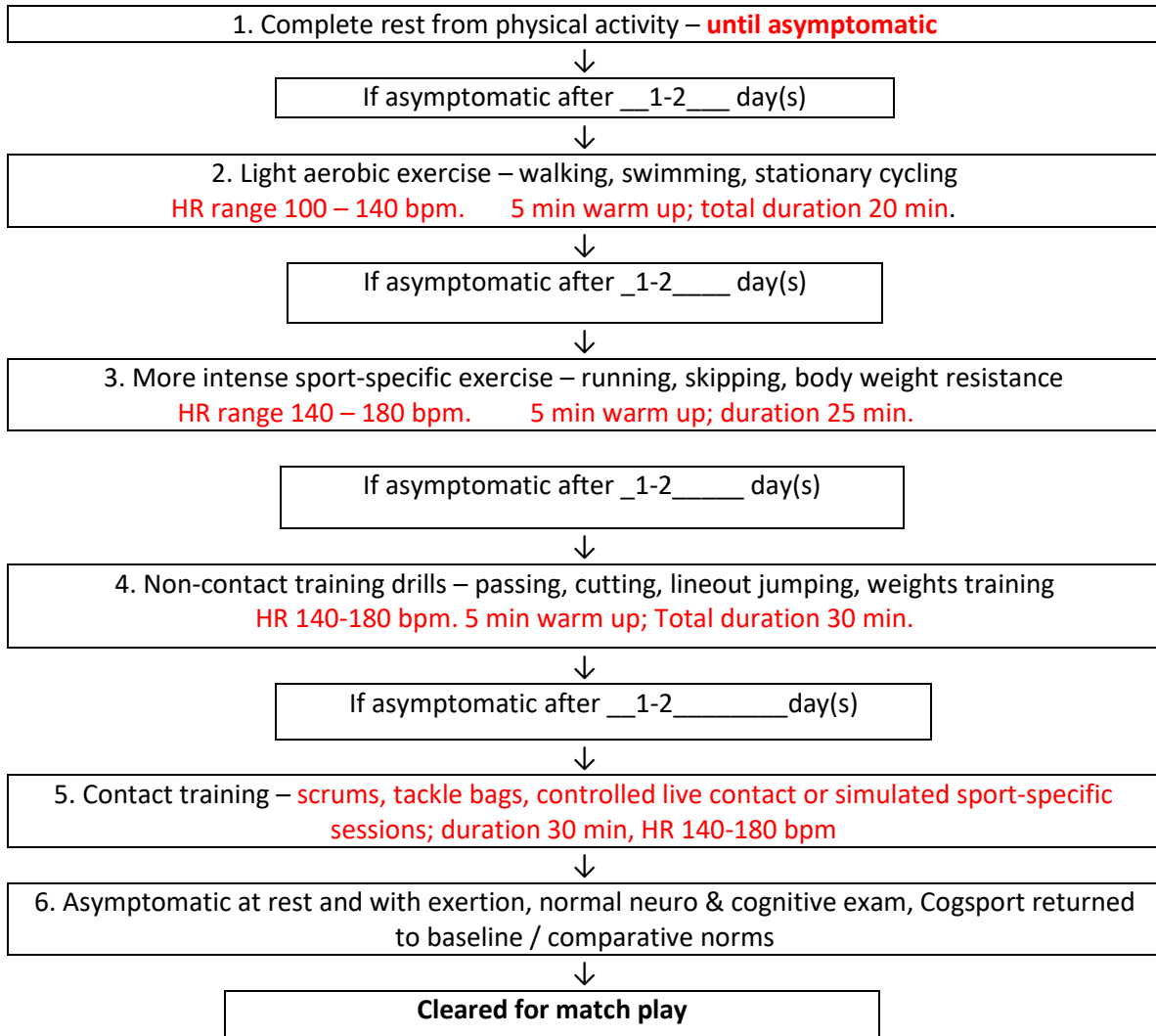




Sports Concussion Programme

Return-to-sport 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's symptoms not worsening with exercise; should symptoms be aggravated, he/she should return to the previous stage and contact the doctor in charge
- All symptoms must have completely resolved, and the player should NOT be on any medication to treat symptoms before they return to sport.