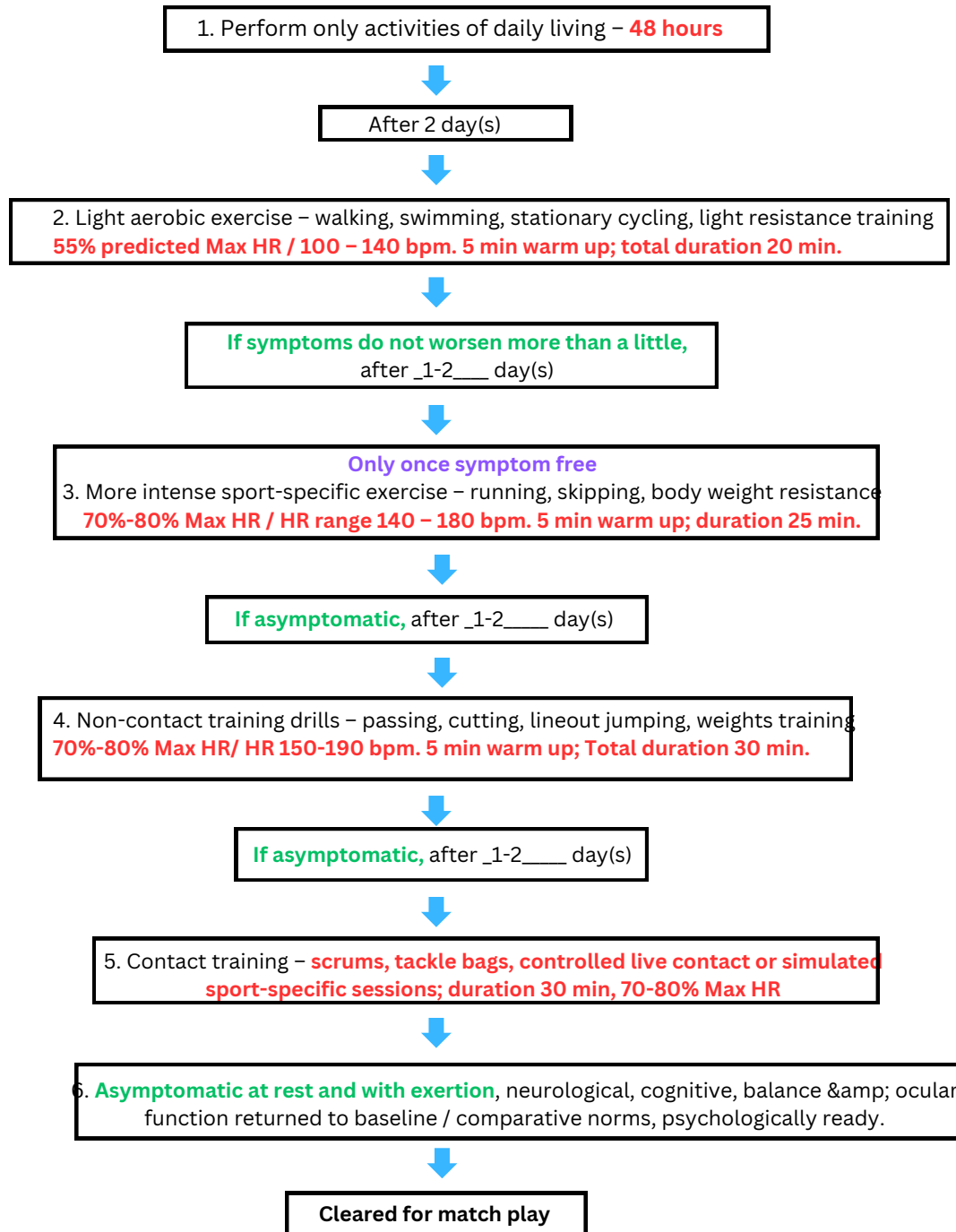


RETURN-TO-SPORT IN CONTACT AND CONCUSSION SPORTS FOLLOWING CONCUSSION



- Symptoms should not worsen by more than 2 points on a 10-point scale
- 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 significantly 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.
- Medical decisions should be individualised and RTP decisions made in conjunction with the coaching and technical teams



J Patricios 2024

Based on Putukian M, Purcell L, Schneider KJ, et al Clinical recovery from concussion—return to school and sport: a systematic review and meta-analysis *British Journal of Sports Medicine* 2023;57:798-809. # "Significant" increase in symptoms is an increase of more than 2/10 on a scale of 0-10 or symptoms lasting more than an hour