

Sports Concussion South Africa
Sports Concussion Programme



Date: _____

THE SPORTS CONCUSSION PROGRAMME

Name of player: _____

Date of injury: _____

- Should not attend class until _____
Justification: _____
- Should please be allowed the following academic concessions _____
Justification: _____
- May not partake in sport until further assessment
Reason: _____
- May resume non-contact training as per “return-to-sport” schedule
- May resume full training and sports participation as from _____

These guidelines are in accordance with international concussion consensus for youth athletes.¹

Yours faithfully

Dr