

RETURN TO PLAY FOLLOWING CONCUSSION

'Yes' must be answered to each question before moving onto the next phase and to all questions before returning to play.

Player: _____

Date of concussion: _____

PHASE	ACTIVITY	(please circle)
REST	Has the player had complete physical and cognitive rest in the first 24 – 48 hours?	Yes
RECOVERY	The player's symptoms have recovered COMPLETELY at rest and with activities of daily living (such as reading, walking, watching TV, etc) and they have successfully returned to full work and/or school, without restrictions or the need for medication.	Yes
	Has the player received medical clearance from a physiotherapist, sport trainer or first aider to confirm that they have had no concussion related symptoms for at least 1 day (with the player back doing ALL their usual activities)? Clearance provided by:	Yes
	Name: Date: / /	
GRADED LOADING – INDIVIDUAL TRAINING	Has the player completed a session of light / moderate aerobic exercise (e.g. walking, jogging, cycling at slow to medium pace)?	Yes
	Did the player remain free of concussion related symptoms during the completion of a light / moderate aerobic exercise session?	Yes
	Has the player had a recovery day after completing the light / moderate aerobic session?	Yes
	Has the player completed a session of sport specific exercise with higher intensity and higher duration (e.g. running at an increased heart rate, goal kick, stationary handball, light resistance training)	Yes
	Has the player received medical clearance from a physiotherapist, sport trainer or first aider to confirm that they have had no concussion related symptoms for at least 1 day whilst undertaking sport specific exercises? Clearance provided by:	Yes
	Name: Date: / /	
	Has the player had a recovery day after completing the sport specific session?	Yes
GRADED LOADING – FULL TEAM TRAINING	Has the player completed a session of full team non-contact training? <i>Training must be non-contact except drills with incidental contact – including tackling).</i>	Yes
	Did the player remain free of concussion related symptoms during the completion of full team non-contact training?	Yes
	Does the player feel confident to return to full contact training?	Yes
	Has the player had a recovery day after completing the full team non-contact training session?	Yes
	Has the player received clearance from a medical doctor? <i>Clearance must be received before returning to full contact training / playing.</i>	Yes
	Has the player completed a session of full contact training?	Yes
	Did the player remain free of concussion related symptoms during the completion of full contact training?	Yes
	Does the player feel confident to return to participate in a match?	Yes
	Has the player had a recovery day after completing the full contact training session?	Yes
	Have at least 12 days passed since the day the concussion was suffered?	Yes
IF ALL THE QUESTIONS HAVE BEEN ANSWERED 'YES' THE PLAYER MAY RETURN TO PLAY		

The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

A more conservative approach is required if there is a lack of baseline testing and active medical practitioner oversight of each stage of the graded return to football. Section 4.4 of the [guidelines](#) also outlines the importance of a more conservative approach in certain situations including for children and adolescents, players with a history of concussion and where there is a recurrence of symptoms at any stage during the return to play program.