

Concussion Guidelines - Community AFL (all levels)

Minimum Time Return to Play

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Day 0 CONCUSSION EVENT	8 Day 1 REST G.P. DIAGNOSIS	9 Day 2 Physio assessment • Cognitive • VOMS • Balance	10 Day 3 RECOVERY	11 Day 4	12 Day 5 Physio assessment • Cognitive • VOMS • Balance • Stress Test	13 Day 6
14 DAY 7	15 Day 8 NON-CONTACT GRADED LOADING PROGRAM • Ball drills • Cardio exercise • Return to gym • resume full non contact training	16 Day 9	17 Day 10	18 Day 11	19 Day 12	20 Day 13
21 Day 14	22 Day 15 LIMITED CONTACT TRAINING • full team training • not game simulation	23 Day 16	24 Day 17 FULL CONTACT TRAINING G.P. CLEARANCE	25 Day 18	26 Day 19	27 Day 20
28 Day 21 RETURN TO PLAY	29	30	31			