

# Concussion Guidelines - Rugby Kids <19yrs

## Minimum Time Return to Play

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Day 0 <b>CONCUSSION EVENT</b>	8 Day 1 <b>REST</b> G.P. <b>DIAGNOSIS</b>	9 Day 2 <b>RECOVERY</b> Physio assessment • Cognitive • VOMS • Balance	10 Day 3	11 Day 4	12 Day 5 Physio assessment • Cognitive • VOMS • Balance • Stress Test	13 Day 6
14 Day 7 <b>RECOVER AND RETURN TO EXERCISE</b>	15 Day 8	16 Day 9	17 Day 10	18 Day 11	19 Day 12	20 Day 13
21 Day 14	22 Day 15	23 Day 16 G.P. <b>CLEARANCE</b>	24 Day 17 <b>FULL CONTACT TRAINING</b>	25 Day 18	26 Day 19	27 Day 20
28 Day 21 <b>RETURN TO PLAY</b>	29	30	31			