

Concussion Guidelines - Rugby Adults >19yrs

Minimum Time Return to Play

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