

Concussion Guidelines - AIS (all sport, except AFL, Rugby)

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 RECOVERY Physio assessment • Cognitive • VOMS • Balance	10 Day 3 Symptom-free at rest	11 Day 4	12 Day 5 Physio assessment • Cognitive • VOMS • Balance • Stress Test	13 Day 6
14 DAY 7 NON-CONTACT TRAINING	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	24 Day 17 G.P. CLEARANCE	25 Day 18 FULL CONTACT TRAINING	26 Day 19	27 Day 20
28 Day 21 RETURN TO PLAY	29	30	31			