Concussion in Sport Australia

Return to Sport Protocol for **adults** over 18 years of age

Diagnosis of concussion

No return to sport

Deliberate physical and cognitive rest (24–48 hours)

Light aerobic activity (until symptom-free)	Significant and sustained deterioration in concussion symptoms
Basic sport-specific drills which are non-contact – no head impact (24 hours)	Recurrence of concussion symptoms
More complex sport-specific drills which are non-contact – no head impact – may add resistance training (24 hours)	Recurrence of concussion symptoms
Medical review before return to full contact training	If not medically cleared, any further activity to be determined by medical practitioner
Return to full contact training (24 hours)	Recurrence of concussion symptoms **COMPLETE FORMAL MEDICAL REVIEW**
Return to sport	Recurrence of concussion symptoms **COMPLETE FORMAL MEDICAL REVIEW**

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