

AUSTRALIAN CONCUSSION GUIDELINES

A QUICK GUIDE TO MANAGING CONCUSSION IN COMMUNITY AND YOUTH SPORT

Follow these simple steps to ensure athletes with suspected concussion get the treatment and recovery time they need.

NO CONTACT OR HIGH-RISK ACTIVITIES

1 RECOGNISE & REMOVE

Incident – Day 0

- > Recognise, remove from play, rest for 24-48 hours.
- > No contact. Avoid training environment temporarily.
- > Diagnosis of concussion by a healthcare practitioner.

2 RESUME

Resumption of activities of daily living and light aerobic exercise

- > Healthcare practitioner review recommended at day 3-4.
- > Gradual increase in activity duration that does not exacerbate symptoms.

3 REVIEW

Symptom-free

- > When symptom-free for 14 days, review by a healthcare practitioner.

4 RETURN

Return to competition

- > Not before day-21 post-concussion AND must have remained symptom-free for at least 14 days.

If symptoms persist or deteriorate
REFER TO HEALTHCARE PRACTITIONER

“If in doubt, sit them out”

Get the *Concussion Guidelines for Youth and Community Sport*

