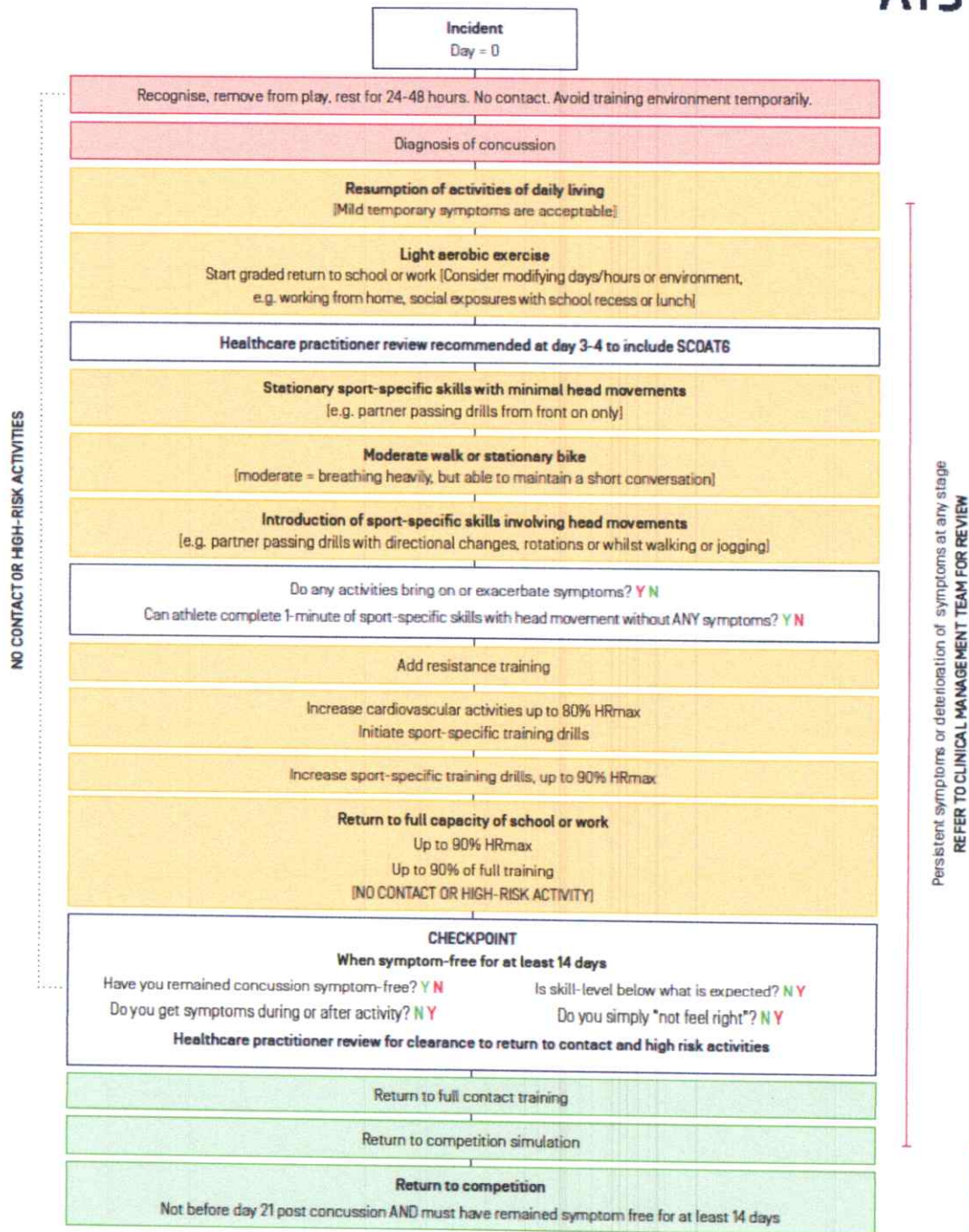


GRADED RETURN TO SPORT FRAMEWORK

Each stage, highlighted in orange or green below, should be at least 24 hours and symptoms should return to baseline prior to commencing the next activity or stage.



Some high-performance athletes may have access to appropriately trained Healthcare Practitioners experienced in multi-system concussion rehabilitation. These athletes may be cleared earlier if their sports concussion protocol allows. Refer to the graded return to sport framework for advanced care settings. Note, athletes aged under 19 years should NOT have access to earlier clearance available in advanced care settings.

* Please note that athletes cannot go directly from non-contact activities to return to competition. That is, they must complete some full contact training, to the satisfaction of the health care practitioner, before returning to competitive contact.

