

Stage	Rehabilitation Stage	Activity	Duration	Objective
<b>0 Rest</b>	Initial rest (physical and cognitive)	Rest. Minimise screen time. Consider time off or adaptation of work or study.	< 1-2 days	Recovery
<b>1 Symptoms persist at 24 hours</b>	Symptom limited activities	Initially activities of daily living that do not provoke symptoms. Consider time off or adaptation of work or study.	Until concussion symptoms clear	Return to normal activities (as symptoms permit)
<b>2 Symptom free at 24 hours</b>	Light aerobic exercise	Walking, light jogging, swimming, stationary cycling at slow to medium pace NO ultimate NO resistance training, weight lifting, jumping, or hard running. Symptom free during full 24-hour period	< 15 min	Increase heart rate
<b>3 Ultimate Specific Exercise</b>	Sport-specific exercise	Simple movement activities (i.e. running drills) Limit body and head movement NO head impact activities	< 45 min	Add movement
<b>4 Non-Impact Training</b>	Non-impact training	Progression to more complex training activities with increased intensity, coordination and attention. (throwing, passing, change of direction, small-sided game. May start progressive resistance training. NO impact activities, including no laying out.	< 60	Exercise, coordination and cognitive load. A return to learning much be achieved before returning to sport.
		Youth (<18 years) & adult-students - athletes have returned to full-time studies at this time.		
		Repeat Medical assessment (medical clearance).		
<b>5 Full Intensity</b>	Full Intensity Practice	Normal training activities. Although a non-contact sport, some non-intentional contact may happen.		Restore confidence and assess functional skills by coaching staff
<b>6 Game Play</b>	Return to sport	Normal game play		Player rehabilitated.

