

STAGES OF GRADED RETURN TO PLAY WA FOOTBALL FRAMEWORK

Incident Day = 0

Recognise, Remove from play, and Refer 'If in Doubt, Sit them out'

STAGE 1 RELATIVE REST		
<p>Relative Rest</p> <ul style="list-style-type: none"> Gentle day to day activities as guided by symptoms. Minimise screen time (TV, computer/homework/work, phone/social media and gaming) 	<p>Duration</p> <p>1- 2 Days</p>	<p>Criteria to Progress</p> <p>Nothing specific – should progress after 1-2 days</p>
<p>MEDICAL CHECKPOINT If medically cleared that there was NO concussion then the player can return to play after submitting medical clearance form.</p>		
STAGE 2 RECOVERY		
<p>Resumption of daily activities</p> <ul style="list-style-type: none"> Increase day to day activities – as guided by symptoms. Include short walks. Limit screen time (TV, computer/homework/work, phone/social media and gaming) – duration depends on symptoms. No team training drills. No resistance training. 	<p>Duration</p> <p>Minimum 1 Day</p>	<p>Criteria to Progress</p> <p>Progress if concussion related symptoms have resolved or have not worsened from their previous level (either during activity or by the next day)</p>
<p>Light aerobic exercise</p> <ul style="list-style-type: none"> Start light activity e.g. walking, jogging or cycling at a slow to medium pace. Aim for about 50-60% of maximum heart rate (can carry a conversation when exercising). Includes a graded return to school or work. No team training drills. No resistance training. 	<p>Duration</p> <p>Minimum 1 Day</p>	<p>Progress if concussion related symptoms have resolved or have not worsened from their previous level (either during activity or by the next day)</p>
<p>Moderate aerobic exercise</p> <ul style="list-style-type: none"> Start moderate activity e.g. walking, jogging or cycling at a medium pace. Aim for about 60-80% of maximum heart rate. May continue with moderate aerobic exercise over a number of days/ sessions if still has symptoms related to the concussion. No team training drills. No resistance training. 	<p>Duration</p> <p>Minimum 2 Days</p>	<p>Progress if concussion related symptoms have resolved or have not worsened from their previous level (either during activity or by the next day)</p>
<p>High intensity aerobic exercise</p> <ul style="list-style-type: none"> Start high intensity aerobic exercise (e.g. running or cycling at high intensity) Up to maximum heart rate No team training drills. Can commence gentle resistance training (50-75% of usual loads) 	<p>Duration</p> <p>Minimum 2 Days</p>	<p>Only progress if:</p> <ul style="list-style-type: none"> A complete recovery from all concussion related symptoms and signs when at rest and when engaging in high intensity training. Have returned fully to school or work (without any need for modification).
STAGE 3 GRADED LOADING PROGRAM		
<p>Non-contact training</p> <ul style="list-style-type: none"> Return to full team training sessions – NON-CONTACT ACTIVITIES ONLY Minimum of 2-3 training sessions ensuring that there are no consecutive days of training (to allow for rest and recovery) 	<p>Duration</p> <p>Minimum 7 Days</p>	<p>Criteria to Progress</p> <p>Progress if remaining completely free of any concussion related symptoms.</p> <p>NOTE: if concussion related symptoms reappear at any stage during Stage 3 then the player should go back to the symptom free step in Stage 2 and seek a medical review from a doctor</p>
<p>Limited contact training</p> <ul style="list-style-type: none"> Full team training allowed – able to participate in drills with incidental and/or controlled contact (including tackling). No consecutive days of training (i.e. must have 'non-contact activity' days in between training sessions). 	<p>Duration</p> <p>Minimum 7 days to progress through graded contact training (Limited & Full) – although noting a medical clearance is required to progress to the full contact training phase.</p>	<p>Only progress if:</p> <ul style="list-style-type: none"> Remaining completely free of any concussion related symptoms. Player is confident to return to full contact training. Player has a medical clearance to return to full contact training. <p>NOTE: if concussion related symptoms reappear at any stage during Stage 3 then the player should go back to the symptom free step in Stage 2 and seek a medical review from a doctor</p>
<p>MEDICAL CHECKPOINT A medical clearance must be received to resume full contact training. This must be submitted to the club and the league.</p>		
<p>Full contact training</p>		<p>Criteria to Progress</p> <p>Only progress if:</p> <ul style="list-style-type: none"> Remaining completely free of any concussion related symptoms. Player is confident to return to play. <p>NOTE: if concussion related symptoms reappear at any stage during Stage 3 then the player should go back to the symptom free step in Stage 2 and seek a medical review from a doctor</p>
STAGE 4 UNRESTRICTED RETURN TO PLAY		
<p>Providing the player is free from symptoms, has completed the graded return to play process, and is confident to return to play, then the player may return to on or after the 21st day post incident.</p>		

EXAMPLES OF RETURN TO FOOTBALL TIMEFRAMES

Incident
Symptomatic
Symptom Free
Contact Training
Full Competition

KEY NOTES

- Day of incident is considered Day 0
- 14 Day symptom free period does not start until the first day the player is symptom free
- Must receive Medical Clearance to return to Full Contact Training

PLAYER IS SYMPTOM FREE ON DAY 3 (TUESDAY OF THE 1ST WEEK)

Saturday	5. Saturday	12. Saturday	Saturday	Saturday
Sunday	6. Sunday	13. Sunday	Sunday	Sunday
Monday	7. Monday	14. Monday	Monday	Monday
1. Tuesday	8. Tuesday	Tuesday	Tuesday	Tuesday
2. Wednesday	9. Wednesday	Wednesday	Wednesday	Wednesday
3. Thursday	10. Thursday	Thursday	Thursday	Thursday
4. Friday	11. Friday	Friday	Friday	Friday

PLAYER IS SYMPTOM FREE ON DAY 7 (SATURDAY OF THE 2ND WEEK)

Saturday	1. Saturday	8. Saturday	Saturday	Saturday
Sunday	2. Sunday	9. Sunday	Sunday	Sunday
Monday	3. Monday	10. Monday	Monday	Monday
Tuesday	4. Tuesday	11. Tuesday	Tuesday	Tuesday
Wednesday	5. Wednesday	12. Wednesday	Wednesday	Wednesday
Thursday	6. Thursday	13. Thursday	Thursday	Thursday
Friday	7. Friday	14. Friday	Friday	Friday