



Return to Sport Timeframes

- > Day of concussive incident is considered 'Day 0'.
- > Examples below assume a sport where competition (competitive contact) occurs weekly on a Saturday.
- > The 14-day symptom-free period does not start until the first day that the athlete is symptom-free.

Key:

Incident
Symptomatic
Symptom-free
Contact training
Full competition

Example 1. Player symptom-free on day 3 (yellow); **and**
 Completes their 14-day symptom-free period (yellow); **and**
 Completes 4-days of contact training without difficulty (blue) (refer section 6.3); **and**
 Has clearance from a health care professional (blue); **can**
 Resume playing on the Saturday of week four (green).

Week 1	Week 2	Week 3	Week 4	Week 5
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

⁵ Australian Concussion Guidelines for Youth and Community Sport, February 2024 (Australian Institute of Sport).

Catholic Secondary Girls Sport South Australia

Provided by SA Catholic Secondary School Girls Sports Association



Appendix 3

- Example 2. Player symptom-free on day 7 (yellow); **and**
 Completes their 14-day symptom-free period (yellow); **and**
 Completes 7-days of contact training without difficulty (blue) (refer section 6.3); **and**
 Has clearance from a health care professional (blue); **can**
 Resume playing on the Saturday of week five (green).

Week 1	Week 2	Week 3	Week 4	Week 5
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

- Example 3. Player symptom-free on day 9 (yellow); **and**
 Completes their 14-day symptom-free period (yellow); **and**
 Completes 5-days of contact training without difficulty (blue) refer section 6.3); **and**
 Has clearance from a health care professional (blue); **can**
 Resume playing on the Saturday of week five (green).

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