

# GRADUATED RETURN TO EDUCATION/WORK & SPORT SUMMARY

(See full table below for detail)

## Stage 1

### Relative Rest for 24–48 hours

- Minimise screen time
- Gentle exercise\*

## Stage 2

### Gradually introduce daily activities

- Activities away from school/work (introduce TV, increase reading, games etc)\*
- Exercise –light physical activity (e.g. short walks) \*

## Stage 3

### Increase tolerance for mental & exercise activities

- Increase study/work-related activities with rest periods\*
- Increase intensity of exercise\*

## Stage 4

### Return to study/work and sport training

- Part-time return to education/work\*
- Start training activities without risk of head impact\*

## Stage 5

### Return to normal work/education and full training

- Full work/education
- If symptom-free at rest for 14 days consider full training

## Stage 6

### Return to sports competition

**(NOT before day 21) as long as symptom free at rest for 14 days and during the pre-competition training of Stage 5**