

Returning to sport and activity

Note: contact sport refers to a sport where players come into bodily contact with each other, for example rugby and some martial arts.

Step 1: Limited activity

Daily activities that do not increase symptoms. For example, a short amount of time reading a book.

Step 2: Light activity and exercise

Walking or cycling at a slow to medium pace. Or something similar that raises the heart rate.

Step 3: Return to sport-related exercise

Running, for instance, is an example of an appropriate exercise at this stage. But not games or sport that might lead to a blow to the head, such as football.

Step 4: Practice with the team, no contact training

Something that requires more concentration such as passing a ball in training. No heading the ball, tackling or scrumming.

Step 5: Full contact practice

If agreed by the child's GP or doctor, a return to normal participation in training activities.

Step 6: Return to sport

Normal gameplay and matches.



There should be a minimum of 24 hours between stages.

If symptoms last for more than one month, the child should be referred back to their GP or specialist."