

Timeline:	What they can do	What they can't do:
Day 0-3 post concussion or suspected concussion	Rest and see a Medical Professional	<ul style="list-style-type: none"> <li>- At the same intensity as normal, return to work or school in their regular manner (reduce initial work/study loads and monitor behaviours/responses)</li> <li>- Spend hours on screens</li> <li>- Participate in High Intensity Activity</li> </ul>
<p>Players would need to see a Medical Practitioner in the first 24-72 hours post-concussion.  Please have the medical practitioner complete the <b>SCOAT6 (2024) specifically</b>.  Please receive a report from the player/parent in this time frame, and send a copy through to <a href="mailto:trainers@yseagles.com.au">trainers@yseagles.com.au</a></p>		
Days 3-7 post concussion or suspected concussion	<ul style="list-style-type: none"> <li>- Start introducing light intensity activity/sport. This can progress to moderate intensity efforts throughout the week should symptoms not arise</li> <li>- Return to school/work if symptoms are low or resolved</li> </ul>	<ul style="list-style-type: none"> <li>- Do any high intensity training</li> <li>- <b>Do any Change of Direction Work or any activity that requires rapid movement from the head/neck</b></li> <li>- Do any contact or collision training or sports</li> </ul>
Days 8-14 post concussion or suspected concussion	<ul style="list-style-type: none"> <li>- They may return to moderate intensity activity/sport should all symptoms have resolved, but no contacting. No maximal or near-maximal efforts what so ever</li> <li>- Start re-introducing change of direction work</li> </ul>	<ul style="list-style-type: none"> <li>- Do any high intensity contact or collision training or sports; light and controlled contact or collision training is acceptable should it not exacerbate or recreate symptoms</li> </ul>
<p>Players require medical clearance before returning to full contact activity.  A Medical Practitioner is to complete the <b>AFL Medical Clearance Form, specifically</b>.  Please have players/parents supply the clearance to the appropriate parties, and issue a copy to <a href="mailto:trainers@yseagles.com.au">trainers@yseagles.com.au</a></p>		
Days 15-21 post concussion or suspected concussion	Go to a DR for re-assessment to provide medical clearance to the club. Players cannot return to full intensity training until medical clearance is provided	Return to high contact/collision training if symptoms are persisting or re-arising, or if medical clearance has not been provided
This is a rough guide. These loose recommendations cannot be applied in players whose symptoms persist.		
Players cannot return to competition until at least day 21, AND must have in that 21 day period remained symptom free for 14 days prior to the 21st day.		