

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 SYMPTON 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 SYMPTON 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