

Stages Of Graded Return To Play

WA Football Framework



Incident Day = 0

Recognise, Remove from play, and Refer 'if in Doubt, Sit them out'

STAGE 1 RELATIVE REST

Relative Rest

- Gentle day to day activities as guided by symptoms.
- Minimise screen time (TV, computer/homework/work, phone/social media and gaming)

Duration

1-2 Days

Criteria to Progress

Nothing specific - should progress after 1-2 days

MEDICAL CHECKPOINT

If medically cleared that there was NO concussion then the player can return to play after submitting medical clearance form.

STAGE 2 RECOVERY

Resumption of daily activities

- Increase day to day activities - as guided by symptoms.
- Include short walks.
- Limit screen time (TV, computer/homework/work, phone/social media and gaming) - duration depends on symptoms.
- No team training drills. No resistance training.

Duration

Minimum
1 Day

Criteria to Progress

Progress if concussion related symptoms have resolved or have not worsened from their previous level (either during activity or by the next day)

Light aerobic exercise

- Start light activity e.g. walking, jogging or cycling at a slow to medium pace.
- Aim for about 50-60% of maximum heart rate (can carry a conversation when exercising).
- Includes a graded return to school or work.
- No team training drills. No resistance training.

Minimum
1 Day

Progress if concussion related symptoms have resolved or have not worsened from their previous level (either during activity or by the next day)

Moderate aerobic exercise

- Start moderate activity e.g. walking, jogging or cycling at a medium pace.
- Aim for about 60-80% of maximum heart rate.
- May continue with moderate aerobic exercise over a number of days/sessions if still has symptoms related to the concussion.
- No team training drills. No resistance training.

Minimum
2 Days

Progress if concussion related symptoms have resolved or have not worsened from their previous level (either during activity or by the next day)

High intensity aerobic exercise

- Start high intensity aerobic exercise (e.g. running or cycling at high intensity)
- Up to maximum heart rate
- No team training drills
- Can commence gentle resistance training (50-75% of usual loads)

Minimum
2 Days

Only progress if:

- A complete recovery from all concussion related symptoms and signs when at rest and when engaging in high intensity training.
- Have returned fully to school or work (without any need for modification).

STAGE 3 GRADED LOADING PROGRAM

Non-contact training

- Return to full team training sessions - NON-CONTACT ACTIVITIES ONLY
- Minimum of 2-3 training sessions ensuring that there are no consecutive days of training (to allow for rest and recovery)

Duration

Minimum
7 Days

Criteria to Progress

Progress if remaining completely free of any concussion related symptoms.

NOTE: if concussion related symptoms reappear at any stage during Stage 3 then player should go back to the symptom free step in Stage 2 and seek a medical review from a doctor

Limited contact training

- Full team training allowed - able to participate in drills with incidental and/or controlled contact (including tackling).
- No consecutive days of training (i.e. must have 'non-contact activity' days in between training sessions).

Minimum 7 Days to progress through graded contact training (Limited & Full) - although noting a medical clearance is required to progress to the full contact training phase.

Only progress if:

- Remaining completely free of any concussion related symptoms.
- Player is confident to return to full contact training
- Player has a medical clearance to return to full contact training.

NOTE: if concussion related symptoms reappear at any stage during Stage 3 then player should go back to the symptom free step in Stage 2 and seek a medical review from a doctor

MEDICAL CHECKPOINT

A medical clearance must be received to resume full contact training. This must be submitted to the club and the league.

Full contact training

Criteria to Progress

Only progress if:

- Remaining completely free of any concussion related symptoms
- Player is confident to return to play

NOTE: if concussion related symptoms reappear at any stage during Stage 3 then player should go back to the symptom free step in Stage 2 and seek a medical review from a doctor

STAGE 4 UNRESTRICTED RETURN TO PLAY

Providing the player is free from symptoms, has completed the graded return to play process, and is confident to return to play, then the player may return to on or after the 21st day post incident.