

Concussion Management Flow Chart



Suspected Concussion

RED FLAGS: Loss of conscious or deteriorating conscious state-Neck pain or tenderness Double vision-Weakness or tingling/burning in arms or legs-Severe or increasing headaches-Seizures or convulsions-Vomiting Increasingly restless, agitated or combative **CALL AN AMBULANCE** Inform Principal Call Incident and Support Hotline 1800 811 523

Signs and Symptoms
Remove from activity

Observable Head Knock – No initial Signs and Symptoms.
24 hour Mandatory Rest (Head Injury Factsheet)

48 hours physical and Mental Rest
Medical Assessment by Doctor within 72 hours to begin Graduated Return to Play (GRTP)

Signs and Symptoms emerge

Still no signs or symptoms – allow to return to sport but must be monitored for another 24 hours for any emergence of symptoms

Return to Learn/Daily Activities
Children are not to return to play/sport until they have successfully returned to school without worsening of symptoms
Light aerobic activities (until symptom free)

Each step in the Graduated Return to Play (GRTP) should be a minimum of 24 hours.

Basic sport-specific exercises (24 hours)
No contact - no head impact

Any recurrence of concussion symptoms, step back to previous step for minimum 24 hours and symptoms have resolved.

More complex sport-specific drills (24 hours)
No contact – no head impact
May add resistance training

Children 18 years or under - No return to contact/collision activities before 14 days from complete resolution of all concussion symptoms

Medical review before returning to full contact training

If not medically cleared, any further activity to be determined by medical professional

Full contact training (24 hours)

Recurrence of symptoms – Complete formal medical review

Return to Play