

# WHAT TO DO FOLLOWING A CONCUSSION



A brief period of complete rest (24-48 hours)



Return to symptom limited activity (e.g. reading, watching TV, walking) while recovering from concussion.



After recovering from all concussion-related symptoms, return to a graded loading program (with monitoring).



Get medical clearance before returning to full contact training or competitive contact sport.



The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

**LEARN MORE ON HOW TO MANAGE CONCUSSIONS ACROSS COMMUNITY FOOTBALL AT [CLUBHELP.AFL](https://clubhelp.afl)**



**DOWNLOAD THE AFL-APPROVED HEADCHECK APP TODAY**

