

Aged younger than 19 years

Standard 23 Day stand-down (U19)

(Includes those who have been baselined)

Clinic appointments	Day	Day of week	G RTP Stage	G RTP process
Concussion	0	Saturday	1	48hrs rest/ no activity
	1	Sunday		
Diagnosis Visit	2	Monday	2	Light to moderate intensity exercise
	3	Tuesday		
	4	Wednesday		
	5	Thursday		
	6	Friday		
	7	Saturday		
	8	Sunday		
	9	Monday		
	10	Tuesday		
	11	Wednesday		
	12	Thursday		
	13	Friday		
	14	Saturday		
	15	Sunday		
	16	Monday	3	Moderate to high intensity exercise
	17	Tuesday		
	18	Wednesday	4	Non-contact training drills
	19	Thursday		
1st Clearance Visit	20	Friday		Obtain medical clearance*
	21	Saturday	5	Return to contact training
	22	Sunday		
	23	Monday	6	If asymptomatic, can return to match play
	24	Tuesday		
	25	Wednesday		
	26	Thursday		
	27	Friday		
	28	Saturday		
	29	Sunday		
	30	Monday		

*Medical clearance is to return to contact training – players should be advised to stop playing if they develop problems with the full contact training.

These represent the minimum stand-down period for returning to play following a suspected concussion that can be extended, but not shortened.

If players symptoms return, or if GP does not clear to play after 21 days, follow up clearance visit may occur. 21 days represents minimum stand-down period for player aged 19 or older.

- Clearance Criteria:**
- 1. Be asymptomatic
 - 2. Fully returned to school or work
 - 3. Completed the G RTP
 - 4. Returned to baseline SCAT5 levels

Aged 19 years or older

Standard 21 Day stand-down (19+)

(Includes those who have been baselined)

Clinic appointments	Day	Day of week	G RTP Stage	G RTP process
Concussion	0	Saturday	1	48hrs rest/ no activity
	1	Sunday		
Diagnosis Visit	2	Monday	2	Light to moderate intensity exercise
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First Clearance Booked:

- At the discretion of the GP after allowing for mandatory stand-down period
- When the players physio deems that the player can be cleared by the GP (i.e., after stage 4 of the GRTP)
- At the discretion of the player, dependent on their symptoms.

Second and subsequent clearance visits booked:

- When a player is NOT CLEARED because they DO NOT fulfil the medical clearance criteria.