

# Concussion: Return to Activity & Sport Pathway.

After a head injury, established guidelines must be followed before a pupil returns to full sporting activity. Below is the pathway that Return2Play's medical team follows to ensure player safety and compliance with these guidelines. **The minimum recovery time for concussion is 21 days.**

**Time since injury  
(Earliest day)**

**Activity Level**

**0 - 2 days**

**Relative rest**

**R2P Medical Assessment** to confirm diagnosis and give recovery advice

**If cleared, pupil can return to competitive sport**

**3 - 7 days**

**Light activity:** Gentle walks etc.  
(Activity level should not leave you breathless)

**8 days onwards**

**Low risk exercise & training:** Gradual increase in self-directed exercise - running, stationary bike, swimming supervised weight training etc.

**Focus on fitness**

Can introduce static training drills (e.g. passing/kicking).  
Only drills with **NO** predictable risk of head injury

**R2P Medical Assessment** to assess fitness to start a formal return to sport and advise on timeframes

**15 days onwards**

**Gradual return to sports training**

Starting with non-contact and gradually building up complexity and intensity.  
Introduction of contact in the final stages

**R2P Medical Assessment** to assess fitness to return to unrestricted sport, including matches

**Day 21**

**Earliest return to competitive sport/matches**

Only of symptom free at rest for at least 14 days and has completed an appropriate graduated return to sports training without any recurrence in symptoms