



Community League Concussion Protocol



< 18 Years

Date	Days Post Concussion	Appointment	Exercise
1/01/2025	0	Hospital Visit If Symtoms Escalate	COMPLETE REST No Bright Lights Limited Screen Time Recommended Dr: Dr Brendan Thompson Address: Marketplace, 10 Lakeview Promenade, Newport QLD 4020 Phone: (07) 3521 4005
2/01/2025	1	Visit your GP	
3/01/2025	2	Confirm with Club & School Coaches your HIA	
4/01/2025	3		
5/01/2025	4		
6/01/2025	5		Reintroduce School/Study/Work
7/01/2025	6		
8/01/2025	7		<70% Max Training & NO GYM
9/01/2025	8		
10/01/2025	9		
11/01/2025	10		
12/01/2025	11		Running Drills
13/01/2025	12		
14/01/2025	13		
15/01/2025	14		Passing Drills + Weights
16/01/2025	15		
17/01/2025	16	Final Clearance from your GP - Correct Forms Required	
18/01/2025	17		Full Contact Training
19/01/2025	18		
20/01/2025	19	Return to Gameplay	Return to Gameplay

Protocol Guidelines

- Progression to the next Phase of the Program allowed only if completely symptom free
- If symptoms return, rest for 24hrs & start at the previous phase once symptom free again



Symptoms may include:

Headaches, Dizziness, Feeling faint/the room spinning, Blurred or Double Vision, Nausea, Neck pain, Feeling tired, Feeling easily distracted/confused/forgetful, Feeling foggy etc.