

# CONCUSSION IN CRICKET

## THE RETURN TO PLAY PROTOCOL

CONCUSSION OCCURS ON DAY 0

### STAGE 1

- 24-48 hours of relative rest
- Light walking, reading and daily activities providing that symptoms do not more than mildly increase
- Screen time kept to an absolute minimum; supervision necessary to monitor symptoms

### EDUCATION

#### STAGE 2:

- Increase in light cognitive activities
- Easy reading
- Limited screen time with lots of breaks
- If symptoms are more than mildly increased then rest until they subside

#### STAGE 3:

- Increase in cognitive activities such as homework
- Activities should last 30 minutes, with a 30 minute break after

#### STAGE 4:

- Part-time return to school based on symptoms
- Include lots of breaks and avoid complicated study
- Monitor workload and screen time

#### STAGE 5:

- Return to school full-time
- Fully engage in cognitive activities, no restriction on screens or workload

DAY 2-7

DAY 7-10

DAY 10-14

DAY 14-21

### CRICKET

#### STAGE 2:

- Gradual increase in mental and physical activities such as simple chores and short walks
- If symptoms are more than mildly increased then rest until they subside

#### STAGE 3:

- Light aerobic exercise such as walking or stationary cycling for 10-15 minutes
- Body-weight resistance training
- If symptoms more than mildly increase then return to lighter exercise

#### STAGE 4:

- Non-contact training
- Light bowling
- Higher intensity running
- Return to gym (supervised)
- Low intensity fielding with adaptations to reduce chance of a further head strikes

#### STAGE 5:

- If free of symptoms (at rest) for 14 days, commence activities with a risk of head injury
- Batting and fielding practices
- Running and full engagement in gym and resistance training

#### STAGE 6:

- Return to full competitive play
- This stage should not be reached before day 21 and only if no symptoms have been experienced (at rest) in the past 14 days

- If you still have symptoms after 28 days, then seek medical advice from your GP