



CONCUSSION POLICY

Grade	First Concussion	Second Concussion	Third Concussion
(1) Mild	May return to play if asymptomatic.	Return to play in two weeks. If asymptomatic at that time for one week.	Terminate season. May return to play next season if asymptomatic.
(2) Moderate	Return to play other asymptomatic for one week.	Minimum of one month rest may return to play then if has been asymptomatic for one week; consider terminating season.	Terminate season. May return to play next season if asymptomatic.
(3) Severe	Minimum of one month rest. May return to play if has been asymptomatic for one week.	Terminate season. May return to play next season if asymptomatic.	NB i) Asymptomatic is defined as having no headaches, dizziness, impaired orientation, concentration or memory during rest or exercise.