

Return to Fight Strategy After Mild Traumatic Brain Injury or Concussion

90 day Medical Suspension

These steps are designed to ensure that you adequately recover and will be competition ready, from a confirmed or suspected Mild Traumatic Brain Injury (mTBI) or Concussion. Move through each step carefully and ensure that you can do a step without the presence of mTBI or concussion symptoms (see page 1). Allow at least 24-48 hours of no symptoms before moving to the next step but wait until the end of the stated week to move to the next phase. **Do not start contact training until 90 days.** As symptoms may be hard to recognise on your own, consult with your trainer, coach, rehabilitation specialist or medical professional to help you through your Return to Fight Strategy.

Please note that specialist medical clearance is required prior to beginning the Contact Training and Competition phase, at the end of Week 13.

