

Graded return to sport framework for community and youth cycling

Incident Day = 0

NO RACING OR HIGH-RISK ACTIVITIES



Persistent symptoms or deterioration of symptoms at any stage
REFER TO HEALTHCARE PROVIDER FOR REVIEW

Some high-performance riders may have access to appropriately trained Healthcare Practitioners experienced in multi system concussion rehabilitation. These riders may be cleared earlier if their sports concussion protocol allows. Refer to the graded return to sport framework for advanced care settings. Note, athletes aged under 19 years should NOT have access to earlier clearance available in advanced care settings.

*Please note that athletes cannot go directly from non-contact / low level activities to return to competition. That is, they must complete some full contact training / race simulation activities, to the satisfaction of the health care practitioner, before returning to competition.